

Mango and Blackeye Pea Salsa

This salsa can be served with grilled fish or chicken.

Makes: 10 servings
 Prep Time: 15 minutes
 Cook Time: N/A

Source: USDA Soulful Recipes

Ingredients

- 1 (15½-ounce) can blackeye peas, drained and rinsed
- 1½ tomatoes, finely chopped
- 1 mango, peeled and finely chopped
- 2 green onions, chopped
- 1 tablespoon vegetable oil
- 1 tablespoon white vinegar
- Juice of half a lime
- 1 teaspoon ground cumin
- ½ teaspoon garlic powder

Directions

1. In a large bowl, combine all ingredients and mix well.
2. Serve immediately or cover and refrigerate for up to 4 hours to allow the flavors to blend.
3. Serve with baked pita or corn chips.

Utensils Needed

- Sharp knife
- Cutting board
- Can opener
- Measuring spoons
- Measuring cups
- Large bowl
- Mixing spoon



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	83
Total Fat:	2g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	108mg
Total Carbohydrates:	14g
Dietary Fiber:	3g
Total Sugars:	0g
Added Sugars:	0g
Protein	4g

SHOPPING LIST

Average total cost without oil and seasonings: \$5.72

Average cost/serving: \$0.57

Makes: 10 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Blackeye Peas, 15 oz can



Add 2 to Cart
Tomatoes



Add 1 to Cart
Mango



Add 1 to Cart
Green onions (1 bunch)



Add 1 to Cart
Lime

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- Choose low-sodium canned beans or drain and rinse beans to reduce sodium.
- To speed up mango ripening, place mangos in a closed paper bag at room temperature.