

# Mango Salsa

Try this refreshing salsa as a side or topping. It has the perfect balance of spicy and sweet!

Makes: 6 servings (1/2 cup each)  
Prep time: approximately 20 minutes

Source: [CookingMatters.org](http://CookingMatters.org), [recipe/mango salsa](http://recipe/mango-salsa)

## Ingredients

- 2 large, ripe mangoes
- 1 small cucumber
- 2 medium green onions
- 1 medium jalapeno pepper
- 2 medium limes
- 1/2 teaspoon salt
- Pinch of cayenne pepper

### Optional ingredients:

- 1 medium bell pepper
- 1/4 cup fresh cilantro

## Directions

1. Rinse mangoes, cucumber, green onions, jalapeno pepper, limes, and bell pepper, if using.
2. Peel mangoes. Cut mango flesh from the pits.
3. Cut cucumber in half lengthwise. Remove seeds. Cut bell pepper in half lengthwise. Remove stems and seeds.
4. Dice mangoes, cucumber, and bell pepper. Finely chop green onions.
5. Cut jalapeno pepper in half lengthwise. Remove stems and seeds and dice.
6. If using, rinse and chop cilantro.
7. Cut limes in half. Squeeze juice from halves into bowl. Discard seeds.
8. Add mangoes, cucumber, green onions, jalapeno, salt, and cayenne pepper to bowl with juice. Add bell pepper and cilantro. Mix well.
9. Cover and refrigerate for at least one hour before serving.
10. Refrigerate leftovers within 2 hours.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	80
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	200 mg
Total Carbohydrates:	20 g
Dietary Fiber:	2 g
Total Sugars:	16 g
Added Sugars:	0 g
Protein	1 g

## Utensils Needed

- Cutting board
- Measuring spoons
- Medium bowl
- Plastic wrap
- Sharp knife

# SHOPPING LIST

Average total cost : \$6.94

Average cost/serving: \$1.16

Recipe Makes: 6 servings, 1/2 cup per serving

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

## Ingredients



Add 2 to cart  
Fresh mango



Add 1 to cart  
Cucumber



Add 1 to cart  
Green Onions - 1 bunch



Add 1 to cart  
Jalapeno



Add 2 to cart  
Lime



(Optional) Add 1 to cart  
Bell Pepper



(Optional) Add 1 to cart  
Cilantro

## SAVE TIME, SAVE MONEY

### Chef's Notes

- Mangoes usually feel a little softer when ripe. If mangoes are not in season or not in your store, use canned peaches or pineapple, packed in juice. Drain before using.
- Choose canned or frozen mango if fresh mango is not available, or not in season.
- Serve salsa as a dip with Homemade Corn Tortilla Chips. Or, use as a topping for fresh fish, pork, black bean soup, or tacos.
- Store salsa in a sealed container in the refrigerator to maintain look and taste for a couple of days.

### My Cooking Notes