

Mango Salsa

This sweet and tangy salsa pairs perfectly with grilled or baked fish or chicken. The recipe doubles easily if making for a crowd.

Makes: 8 servings

Ingredients

- 1 mango, peeled, pitted, and diced (or 1 cup frozen mango, thawed)
- 1 tablespoon diced red onion
- 1 tablespoon cilantro, chopped (optional)
- ¼ teaspoon salt
- 2 tablespoons lime juice (bottled or fresh)



Directions

1. Combine all ingredients in a bowl.
2. Serve with tortilla chips.

Recipe from: *Eating Smart, Being Active*, Colorado State University and University of California at Davis, adapted by the USDA Food and Nutrition Administration.

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