



Mango Salsa

Ingredients:

1 ripe mango
¼ t minced shallot
½ red bell pepper minced
2 T slivered cilantro, basil or mint
½ t ground cumin
Freshly squeezed lime juice, ½ lime
Salt to taste

Put all the salsa ingredients in a medium bowl. Stir and set aside.

Kitchen Note: A mango has a large, thin, oblong pit which can be confusing to remove. Do not peel first. If you do not have a mango pitter, first cut off the two sides of the fruit from the pit. Remove the fruit from the peel by making a checkerboard pattern in the flesh with a sharp knife. Turn the peel and flesh inside out, then cut the fruit off the peel into chunks.

Adapted from *Eat Fresh Food* by Rozanne Gold

Skills: chopping, combining, tasting for balance

Equipment: chopping knife

Nutrition Facts	
Serving Size Entire Recipe 293g (292 g)	
Amount Per Serving	
Calories 163	Calories from Fat 8
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 107mg	4%
Total Carbohydrate 41g	14%
Dietary Fiber 5g	21%
Sugars 34g	
Protein 2g	
Vitamin A 72%	Vitamin C 234%
Calcium 4%	Iron 7%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
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