

Spicy Mango Salsa

Add extra Vitamin C to your salsa fresca with sweet, juicy mango: perfect for dipping with homemade chips, as a taco topping, or added to your favorite salad or bowl.

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

1 each	Mango, small dice (about 2 cups)
1 each	Globe Tomatoes, small dice
¼ each	Red Onion, small dice
1 each	Jalapeno, minced (see chef's note)
¼ cup	Cilantro, fresh, leaves chopped (¼ bunch)
1 Tbsp	Rice Vinegar
1 each	Lime, zested and juiced
1 tsp	Extra Virgin Olive Oil
1 tsp	Cumin, ground
¼ - ½ tsp	Cayenne Pepper
¼ tsp	Kosher Salt
To taste	Black Pepper, ground

CHEF'S NOTES

Leaving the ribs and seeds in your jalapeno will result in a spicier salsa. If you like milder heat, you can remove them before mincing. Add more or less cayenne for added spice!

The longer you leave the salsa combined, the more the flavors will develop. We recommend allowing it to sit for at least 30 minutes (up to overnight) before eating.

Refrigerate leftovers in a covered container and enjoy for up to 3 days.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Place all ingredients in a medium-sized bowl and stir to combine.
3. Allow the flavors of the salsa to develop by placing it in the refrigerator before serving.

Nutrition Facts

8 servings per container

Serving size 1/4 cup (82g)

Amount Per Serving

Calories 40

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 9g 3%

Dietary Fiber 1g 4%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 2%

Iron 0.4mg 2%

Potassium 150mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

