

Mango Salsa Fresca

This mango salsa recipe is one of our favorites! It's sweet, a little spicy, tangy and great snack with chips or served on top of your favorite protein.

YEILD	PREP TIME	TOTAL TIME
8 SERVINGS	10 MIN	10 MIN

INGREDIENTS

1 each	Mango, small dice
1/4 each	Red Onion, small dice
1 each	Tomato, small dice
1 each	Jalapeno, minced (optional)
1/4 cup	Cilantro, fresh, chopped
1 Tbsp	Vinegar, such as rice or red wine
1 each	Lime, juiced
1 tsp	Cumin, ground
1 tsp	Olive Oil
1/4 tsp	Kosher Salt
To taste	Black Pepper, ground

CHEFS NOTES

You want the mangoes to be ripe and fragrant, but also firm enough to cut . If they have become too ripe they will be difficult to dice and hold their shape in the salsa.

For the best bite, we recommend cutting the mango, tomato and onion into a 1/4-inch dice. For a mild salsa, mince the jalapeños finely and remove both the seeds and the membrane. If you like your salsa spicier, feel free to leave them in, or choose a hotter pepper variety.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
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 for an hour or overnight before serving. Refrigerate leftovers in a sealed container and enjoy for up to 3 days.

Nutrition Facts

8 servings per container

Serving Size 1/4 cup (70 g)

Amount per serving

Calories 35

% Daily Value *

Total Fat 1g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 60mg 3%

Total Carbohydrate 8g 3%

Dietary Fiber less than 1g 3%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein less than 1g 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.14mg 0%

Potassium 100mg 3%

*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.

