Mango Salsa

Ingredients

- 2 medium sized mangos, peeled, pitted, and cut into ¼-inch pieces (about 2 cups)
- ½ small red onion, chopped
- ½ cup packed, fresh cilantro leaves, finely chopped
- 1 serrano or jalapeno chili, minced (ribs and seeds removed for less heat, if desired)
- Juice ½ lime
- Coarse salt, to taste

Making it

- In a medium bowl, combine mango, onion, cilantro, chili, and lime juice; season with a pinch of salt.
- Place in fridge until chilled (30 mins - 1 hour)

SALSA NUTRITION FACTS

Serving size: 4

PER SERVING

Calories (kcal): 20
Fat (g): 0
Carbohydrate (g): 5
Fibre (g): 0.3
Protein (g): 0.5

Tips & Hints

This is a great accompaniment with salmon or fish tacos!