

EarlyON Child and Family Centre

MANGO SALSA

Mango Salsa

Materials:

- 2 mangoes, peeled and diced or bag of frozen mango chunks
- 1/2 cup diced red onion
- 1/2 cup chopped cilantro, omit if desired
- juice of 1 lime
- 1/2 of a bell pepper

Optional Materials:

- pinch salt (for taste)
- 1/4 cup diced jalapeno
- 1/2 cup chopped cilantro
- Adding fruits or vegetables that you like such as:
 - * Pineapple
 - * Corn
 - * Black beans
 - * Tomatoes
 - * Watermelon
 - * any berries (strawberries, blueberries and etc.)
 - * papaya
 - * cucumbers



Instructions:

1. Simply stir all ingredients together.
2. Taste salsa and adjust according to taste such as adding a pinch of salt or if you like spicier add a jalapeno pepper.
3. refrigerate leftovers in a covered container for up to four days.

Source: <https://chocolatecoveredkatie.com/mango-salsa-recipe/>