



Mandarin Orange Salsa



Adapted from *(TasteofHome)*

Ingredients



- 5 plum tomatoes, chopped
- 1 large onion, chopped
- 2 jalapeño peppers, seeded and chopped
- 2 tablespoons minced fresh cilantro
- 2 tablespoons lime juice
- 1 teaspoon garlic powder
- 1 can (11 ounces) mandarin oranges, drained
- Salt and Pepper to taste



Directions



Yield: 4 cups **Serving size:** 1/4 cup

Total cost: \$ 4.86 **Serving cost:** \$ 0.30

1. In a small bowl, combine the first 6 ingredients
2. Gently stir in mandarin oranges.
3. Chill until serving. Drain before serving if necessary
4. Choose your favorite chip and enjoy! Refrigerate any leftovers.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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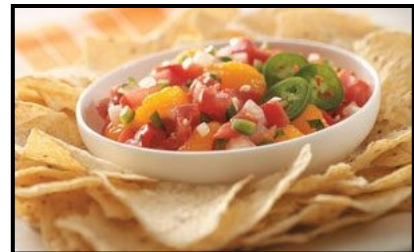


Adapted from *(TasteofHome)*

Ingredients



- 5 plum tomatoes, chopped
- 1 large sweet onion, chopped
- 2 jalapeño peppers, seeded and chopped
- 2 tablespoons minced fresh cilantro
- 2 tablespoons lime juice
- 1 teaspoon garlic powder
- 1 can (15 ounces) mandarin oranges, drained
- Salt and Pepper to taste



Directions



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Fast Facts



Featured Food Groups



Cooking Tips



- Add any other herbs or spices you like!
- Use it to top on fish or pork recipes
- Use any tomatoes or onions you like
- Try cutting the mandarin oranges into smaller pieces for a less chunky salsa

Nutrition Facts	
16 servings per container	
Serving size	1/4 cup
Amount Per Serving	
Calories	25
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0.02g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.05g	
Monounsaturated Fat 0.02g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein < 1g	2%
Vitamin D 0mcg	0%
Calcium 14.3mg	2%
Iron 0.252mg	2%
Potassium 249mg	6%

*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.

Second Harvest is an equal opportunity provider.



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