

Mango Salsa



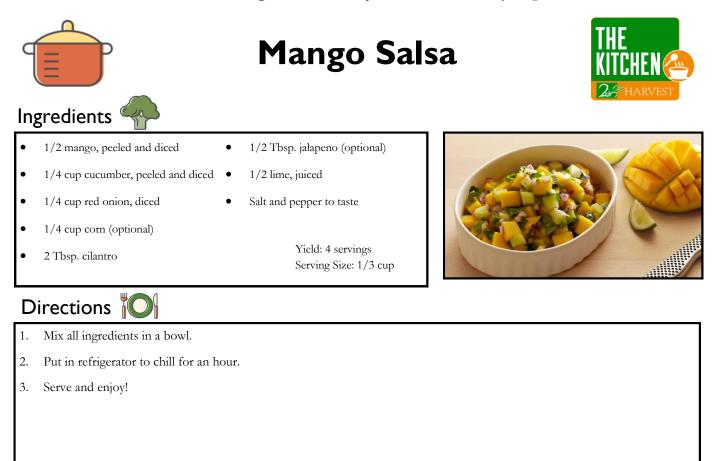
Ingredients (

- 1/2 mango, peeled and diced
- 1/4 cup cucumber, peeled and diced •
- 1/4 cup red onion, diced
- 1/4 cup corn (optional)
- 2 Tbsp. cilantro

Directions Ю

- 1. Mix all ingredients in a bowl.
- 2. Put in refrigerator to chill for an hour.
- 3. Serve and enjoy!

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- 1/2 Tbsp. jalapeno (optional)
 - 1/2 lime, juiced
 - Salt and pepper to taste

Yield: 4 servings Serving Size: 1/3 cup



| Fast Facts | (|
|---|---|
| Featured Food Groups | Nutr |
| Fruits Protein Image: Choose MyPlate.gov Choose MyPlate.gov | A servi Servir Amour Cal Total Fi Satu Trans Polyi Mono Choles Sodium |
| • Serve with homemade tortilla chips! | Total C Dieta Total |
| • Try this salsa with bell peppers instead of cucumbers. | In Protein |
| • Add pineapple for added sweetness! | Vitamin Calcium Iron 0.1 |

• Defrost frozen mango if fresh is not available.

| Jutrition Facts (| IHE KITCHE 26° Har |
|---|--------------------------|
| Nutrition Fa | cts |
| 4 servings per container Serving size | 1/3 cup |
| Amount Per Serving Calories | 30 |
| | Daily Value* |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Polyunsaturated Fat 0g | |
| Monounsaturated Fat 0g | |
| Cholesterol Omg | 0% |
| Sodium 40mg | 2% |
| Total Carbohydrate 7g | 3% |
| Dietary Fiber 1g Total Sugars 5g | 4% |
| Includes 0g Added Sugars | 0% |
| Protein 1g | 2% |
| , i i i i i i i i i i i i i i i i i i i | |
| | 0% |
| Vitamin D 0mcg | |
| Calcium 13mg | 0% |
| Vitamin D 0mcg Calcium 13mg Iron 0.18mg Potassium 94mg | |

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| Fast Facts | |
|--|--|
| Featured Food Groups | Nutrition Facts 🢮 |
| Fruits Grains Dairy Fruits | Nutrition Facts4 servings per containerServing size1/3 cup |
| Vegetables Protein | Amount Per Serving Calories 30 |
| Choose MyPlate.gov | "K Daily Value" Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g 0% |
| Cooking Tips 🚬 | Polyunsaturated Fat 0g Monounsaturated Fat 0g Cholesterol 0mg 0% |
| | Sodium 40mg2%Total Carbohydrate 7g3% |
| Serve with homemade tortilla chips! | Dietary Fiber 1g 4% Total Sugars 5g |
| • Try this salsa with bell peppers instead of cucumbers. | Includes 0g Added Sugars 0% Protein 1g 2% |
| • Add pineapple for added sweetness! | Vitamin D 0mcg0%Calcium 13mg0%Iron 0.18mg0% |
| • Defrost frozen mango if fresh is not available. | Potassium 94mg 2% *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. |

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