

RECIPES



Mango Salsa

INGREDIENTS:

FAMILY-SIZE

SERVES: 8

PORTION SIZE: 1/4 CUP



SCHOOL FOOD SERVICE

PORTIONS: 24

PORTION SIZE: 1/4 CUP

- 1 Mango, peeled, seeded & chopped
- 1/4 cup Red Pepper, finely chopped
- 1/3 cup Red or Sweet Onion, chopped
- 2 tablespoons Cilantro, chopped
- 1/3 Jalapeno Pepper, finely chopped*
- 3 tablespoons Lime or Lemon Juice

- 3 Mangos, peeled, seeded & chopped
- 3/4 cup Red Pepper, finely chopped
- 1 cup Red or Sweet Onion, chopped
- 1/3 cup Cilantro, chopped
- 1 Jalapeno Pepper, finely chopped*
- 2/3 cup Lime or Lemon Juice

*Add more jalapenos for extra spice.

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Portion Size: 1/2 cup = 1/4 cup Fruit



DIRECTIONS:

- 1 Combine all ingredients.
- 2 Chill for 30 minutes. Enjoy!



Fun Fact:
Did you know that a sweet red bell pepper is simply a mature green bell pepper.

