MANGO SALSA

Recipe courtesy of Healthy Appetite with Ellie Krieger

INGREDIENTS

- 1 mango, peeled and diced
- 1/2 cup peeled, diced cucumber
- 1 tablespoon finely chopped jalapeño
- 1/3 cup diced red onion
- 1 tablespoon lime juice
- 1/3 cup roughly chopped cilantro leaves
- Salt and pepper

DIRECTIONS

1. Combine the mango, cucumber, jalapeño, red onion, lime juice and cilantro leaves and mix well.
2. Season with salt and pepper, to taste.

Yield: 4-6 servings

Nutrition Information: Calories: 44; Total fat: 0.2g; Saturated fat: 0g; Carbohydrates: 11g; Dietary Fiber: 1g; Protein: 0.6g