

MANGO SALSA

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.



Recipe courtesy of Healthy Appetite with Ellie Krieger

Yield: 4-6 servings

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