

# Summer Mango Salsa

16 Servings • 1 Serving = ¼ Cup



## INGREDIENTS

- 2 large mangoes
- 2 large avocados
- 1 red bell pepper, finely chopped
- Juice of 2 limes
- ½ cup mint and/or cilantro, chopped
- ½ teaspoon salt
- ½ teaspoon chile powder
- 4 leaves of Boston Bibb lettuce

## DIRECTIONS

1. Slice the mangoes around the pit and cut them in a checker-board pattern. Flip the mango inside out and slice the fruit into a large bowl.
2. Slice the avocados in half, remove the pits and slice into the flesh in a checker-board fashion. Scoop out the flesh. Add the avocado to the bowl with the mango.
3. Add bell pepper and lime juice to mixture. Stir gently.
4. Add mint and/or cilantro, season with salt and chile powder, and stir gently.
5. Serve the salsa in individual lettuce cups.

## Nutrition Facts

16 servings per container	
<b>Serving size</b>	<b>1/4 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 183mg	4%

\*The % Daily Value 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.

Developed by The Children's Hospital of San Antonio

[chefs.org](http://chefs.org)

@CHEFSanAntonio



© Culinary Health Education for Families