



MedStar Health

Mango Salsa

INGREDIENTS

1 garlic clove minced
1 jalapeno diced small
1 red onion diced small
3 limes juiced/pulped
3 red mangoes or 6 yellow mangoes
1 tsp kosher salt
1 ½ tsp cilantro, finely chopped

DIRECTIONS

Step 1: Combine all ingredients in large bowl

Step 2: Fold to thoroughly mixed ingredients

Step 3: Chill in refrigerator

Step 4: Serve with pita chips

Serving Size: 1/2 cup **Calories:** 60 **Total Protein:** 1.1g **Total Fat:** 0.4g **Total Carbs:** 14.5

To learn more about the Fresh & Savory Culinary and Living Style Medicine Program, call **202-416-2000 PHONE** or visit **MedStarHealth.org/Lafayette-Centre**.