Mango Salsa

Makes: 8 servings (2 tablespoons per serving)
Preparation Time: 10 minutes

**Ingredients**
1 mango, diced (or 1 cup thawed frozen chunks)*
1 tablespoon minced onion (optional)
1 tablespoon chopped fresh cilantro (optional)
¼ teaspoon salt
2 tablespoons lime juice

*Baked Tortilla Chips* from the *Eating Smart • Being Active Let’s Cook!* cookbook

**Directions**
1. Wash fresh mango and cilantro (if using).
2. Collect, prepare, and measure all ingredients before starting to prepare the recipe.
3. Combine all ingredients in a medium bowl (or in two bowls if you want to have some without onion).
4. Serve with *Baked Tortilla Chips* from the *Eating Smart • Being Active Let’s Cook!* cookbook.
5. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Be creative!** Substitute peach, papaya, or avocado for mango. Serve as a garnish for chicken or fish.

*To cut a fresh mango:*
1. Stand it on its end, place the knife about ¼ inch from the center (which is where the pit is), and cut from top to bottom. Repeat on the other side.
2. Discard the center with the pit.
3. With the peel side down, slice the flesh of the mango in parallel lines from top to bottom, about ½ inch apart, and then side to side to create bite-sized pieces, making sure not to cut through the peel.
4. Then, use a spoon to scoop out the flesh. Repeat on the other half.