

Mango Salsa

from Joy of Cooking

Ingredients:

- 1 small (or ½ large) red onion
- 1 large ripe mango, peeled with the fruit roughly chopped off the pit
- 1 small (or ½ large) red bell pepper, finely diced
- ¼ cup coarsely chopped fresh cilantro (opt)
- 1 clove garlic, minced
- ½ lime, squeezed for juice
- 2-4 Tbsp orange juice
- ¼ cup black beans (opt)
- 1 fresh jalapeno, finely chopped (opt)
- Salt and pepper to taste



Instructions:

1. Finely chop red onion. Rinse in a fine mesh strainer and set aside.
2. Combine mango, pepper, cilantro and garlic in a small bowl. Add lime juice and 2 Tbsp of orange juice and mix well. Add remaining orange juice if additional liquid is desired, plus optional jalapeno.
3. Season with salt and pepper.

Notes:

Make this dish at the start of meal prep so the flavors have a chance to meet and greet.

May be prepared and stored covered in the refrigerator for up to 24 hours. Makes about 3 cups.

Additional Recipe Tips:

Out of lime juice? Use lemon.

No mangos? Use papaya, pineapple, peaches or apricots

No cilantro? Use basil or parsley

No orange juice? Use pineapple or guava juice instead.