



# Mango and Tomato Salsa

Shine 365  
Marshfield Clinic

**PREP TIME:** 25 minutes • **SERVINGS:** 5

## INGREDIENTS

- ½ - 1 chopped jalapeño
- 1 cup chopped tomatoes
- 1 cup chopped mango
- ¼ cup chopped white onion
- ½ cup fresh cilantro, chopped
- 1 teaspoon olive oil
- 1 teaspoon lime juice

## INSTRUCTIONS

Determine how much jalapeño you want to use. If you prefer to remove the seeds, do so carefully. Avoid touching eyes and nose. Mix all ingredients.

## NUTRITION INFORMATION

Each serving (⅕ of recipe) includes: 40 calories; 8 g carbohydrates; 1 g protein; 1 g fat; 0.2 g saturated fat; 1 g dietary fiber; 0 mg cholesterol; 0 mg sodium.