



EATING SMART
BEING ACTIVE

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.

Nutrition Facts	
8 servings per container	
Serving size 2 Tablespoons (31g)	
Amount Per Serving	
Calories	15
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 50mg	2%

*The % Daily Value (DV) 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.



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Make a Change



EATING SMART
BEING ACTIVE

Salsa de mango

Rinde: 8 porciones (2 cucharadas por porción)

Tiempo de preparación: 10 minutos

Ingredientes

1 mango, cortado en dados (o 1 taza de mango en trozos descongelado)*

1 cucharada de cebolla picada fina (opcional)

1 cucharada de cilantro fresco picado (opcional)

¼ cucharadita de sal

2 cucharadas de jugo de lima

Chips de tortilla horneados del libro de cocina *¡A cocinar!* del programa *Coma bien • Manténgase activo*

Preparación

6. Lavar el mango y el cilantro (si va a usar).
7. Reunir, preparar y medir todos los ingredientes antes de comenzar a preparar la receta.
8. Combinar todos los ingredientes en un bol mediano (o en dos recipientes pequeños si quiere preparar uno sin cebolla).
9. Servir con los *Chips de tortilla horneados* del libro de cocina *¡A cocinar!* del programa *Coma bien • Manténgase activo*.
10. Refrigerar las sobras dentro de las 2 horas. Consumir dentro de los siguientes 3 a 5 días.

¡Sea creativo! Sustituya el mango por durazno, papaya o aguacate. Sirva como guarnición para pollo o pescado.

* Cómo cortar el mango:

5. Pararlo sobre el extremo, colocar el cuchillo aproximadamente a ¼ de pulgada del centro (donde está el carozo/hueso) y cortar desde arriba hacia abajo. Repetir del otro lado.
6. Desechar el centro con el carozo/hueso.
7. Coloque el mango con la cáscara/piel hacia abajo, corte la pulpa del mango en lonjas paralelas desde arriba hacia abajo, aproximadamente ½ pulgada de separación y luego de lado a lado para obtener trozos pequeños, asegurándose de no cortar la cáscara/piel.
8. Luego, con una cuchara retirar la pulpa. Repetir en la otra mitad.

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