

Quick Mango Salsa

(Serves 8)

2 RIPE mangoes - peeled, seeded, and chopped

1 large tomato, diced

1 small onion, (1/2 red onion, or use green.. whatever is on hand!..) minced

1 small jalapeno pepper, seeded and minced (Or sub 2 dashes of red pepper flakes OR skip if you don't like spice)

1 tablespoon minced fresh cilantro

1 clove garlic minced

1 lime juiced

salt and ground black pepper to taste

1. Stir the mango, tomato, onion, jalapeno pepper, cilantro, and lime juice together in a bowl; season with salt and pepper. Best to make an hour or two ahead of serving.
2. Serve with fish, chicken or as an appetizer on corn tostados, chips or the fluted cups in the deli section..

You can also add avocado, or black beans...

It has also been suggested to squeeze juice from the mango pit and add.

Submitted by Trish Marrion