



Mango Salsa & Pico De Gallo

My healthier version of on an internationally beloved dip

To a lot of you, making salsa might be seen as something extremely simple. However, there are a ton of folks out there who don't have years of cooking experience and are still building their confidence in the kitchen. So, I wanted to include 2 basic 'salsa' recipes, can be customized to your own tastes. First, is Mango Salsa. It's goes great with seafood, chicken, in fish tacos, or as a dip for chips. Dont' like mango? Swap it with pineapple or even strawberries. Then, there's basic pico de gallo. My version has finely diced ingredients, though you can cut your tomatoes and onions larger, if you prefer a chunkier dip.

Simple Mango Salsa

YIELDS: 2-1/2 cups

Servings: 5

Serving Size: 1/2 cup



Range
0-0

- last checked 12/05/21 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

- 2 cups fresh mango, peeled and diced
- 1 cup red bell pepper, diced
- 1/2 cup red onion, diced
- 1 small jalapeno pepper, seeded and minced (**USE GLOVES**)
- 1/4 cup fresh cilantro, finely chopped, loosely packed
- 3 Tbsp lime juice
- 1/2 tsp oil (vegetable or canola)
- 1/8 tsp salt
- 1/2 tsp 0 point sugar replacement o' choice (such as lakanto monkfruit 'classic', stevia, etc.)

Directions:

- 1 Prep/Dice all of the vegetables as directed, remember to use gloves while handling the jalapeno.
- 2 Mix all ingredients together in a bowl, cover and set aside in the fridge for at least 1 hour. Done.

NOTES:

- If you don't want to deal with a whole jalapeno pepper, buy some canned, diced green chilis. 2 Tbsp will work fine, however, if you use canned chilis, press some of the canned juice out of them, by pressing the diced chilis between paper towels.
- You can swap the mango for fresh diced pineapple, for a more tropical, sweeter salsa with a bit of natural tartness. IF you do make pineapple salsa, don't add the recipe's final 1/2 tsp of sugar replacement. It'd make the salsa waaaay too sweet.

Easy Pico De Gallo

YIELDS: 4 cups

Servings: 8

Serving Size: 1/2 cup



Range
0-0

- last checked 12/05/21 -
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Ingredients:

- 1 cup white onion, finely diced
- 1 small jalapeno pepper, seeds removed, finely chopped (use gloves when handling the pepper!)
- 3 Tbsp lime juice
- 1/2 tsp salt (you can use more or less, to taste)
- 1-1/2 pounds roma tomatoes, finely diced (try to pick veeeeery red tomatoes)
- 1/2 cup fresh cilantro, finely chopped, loosely packed

Directions:

- 1 First, finely dice the onions and seeded jalapeno. Add them to a mixing bowl with the lime juice. Let them sit and rest, while you prep the tomatoes.
- 2 Finely dice all of the tomatoes (throw away the tough stem part) and add it to the bowl with the onions & jalapeno.
- 3 Finely chop the cilantro, then add it, with the salt, into the tomatoes, onion, jalapeno and lime juice. Cover and set aside.

NOTES:

- Feel free to leave out the jalapeno if you don't like spicy food. Or, if you're feelin' lazy, skip the jalapeno and add a couple dashes of hot sauce instead.
- For best results, set your pico de gallo in the fridge, covered, for at least 1 hour.
- You don't have to use roma tomatoes. You can use regular ones, but make sure to buy deep red ones, and remove the seeds.