

## Mango Tango Black Bean Salsa

16 servings

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Mangos are high in both Vitamin A, which is crucial for our vision, and Vitamin C, which helps heal and repair body tissues and keep our immune system strong.

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| 1 mango  | ¼ c. onion, finely chopped            |
| 1 (15 oz.) can black beans,<br>drained and rinsed        | ¼ c. fresh cilantro, coarsely chopped |
| 1 (7 oz.) can whole kernel corn<br>with peppers, drained | 2 T. lime juice                       |
|  | 1 tsp. garlic salt                    |
|  | ¼ tsp. ground cumin                   |

1. Wash and peel the mango then cut in half length-wise. Throw away the seed. Cut into ¾-inch cubes.
2. In a medium bowl, combine all ingredients and mix well.
3. Refrigerate until ready to use.
4. Serve with tortilla chips.

**Nutrition Information per Serving:** Calories 30, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 250 mg (11% DV), Total Carbohydrate 7 g (2% DV), Dietary Fiber 2 g (7% DV), Sugars 3 g, Protein 1 g, Vitamin A 2%, Vitamin C 8%, Calcium 2%, Iron 2%.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.