

## 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, gently rub under cold running water
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (7 ounce) can whole kernel corn with peppers, drained
- 1/4 cup onion, scrubbed with clean vegetable brush under running water, finely chopped
- 1/4 cup fresh cilantro, gently rubbed under cold running water, coarsely chopped
- 2 Tablespoons lime juice
- 1 teaspoon garlic salt
- 1/4 teaspoon ground cumin

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

**Nutrition Information per Serving:(1/16 of recipe)** Calories 30, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 250mg, Total Carbohydrate 7g, Dietary Fiber 2g, Sugars 3g, Protein 1g, Vitamin A 2%, Vitamin C 8%, Calcium 2%, Iron 2%.