

Mango Tango Black Bean Salsa

Nebraska Seasonal Produce Guide

16 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 1 mango, gently rubbed under cold running water
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (7 ounce) can whole kernel corn with peppers, drained
- ¼ cup onion, scrubbed with a clean vegetable brush under running water, finely chopped
- ¼ cup fresh cilantro, gently rubbed under cold running water, coarsely chopped
- 2 Tablespoons lime juice
- 1 teaspoon garlic salt
- ¼ teaspoon ground cumin

Instructions

1. Wash hands with soap and water.
2. Wash and peel the mango, then cut it in half lengthwise. 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.
6. Store leftovers in a sealed container in the refrigerator for up to four days.

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



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