

Bell Pepper & MANGO ASIAN SALSA

With a combination of sweet & spicy, this salsa has the perfect amount of kick! Try as a spoonful or as a dip for cucumber chips!



Nutrition Facts	
Serving Size (165g) Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 35
<small>% Daily Value*</small>	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 1g	
Vitamin A 20%	Vitamin C 90%
Calcium 2%	Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



Prep time: 15 Minutes
Cook time: N/A
Serves: 8 People

INGREDIENTS:

- 1 Orange Bell Pepper
- 1 Long English Cucumber
- 2 ripe mangoes
- 1 jalapeño pepper
- 1 tbsp. cilantro
- ½ tsp. freshly grated ginger
- 2 tbsp. olive oil
- 2 fresh lime, juiced
- ½ tsp. salt

DIRECTIONS:

- Peel cucumbers and mangoes. Dice Orange Bell Pepper, Cucumber, mangoes, jalapeño pepper and cilantro.
- Combine all ingredients into a bowl and mix well. Let sit for 5-10 minutes before serving to let all the flavors blend together.
- To serve, arrange 12 Asian spoons on a platter and fill with salsa. Serve at room temperature.

CHEF'S TIP:

Add 2 cups of your favorite greens and shrimp or chicken to this recipe to make it into a dinner salad.

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