

MANGO SALSA

10 MINS | 4 servings

Ingredients

2 mango (peeled and cubed)
2 cups corn (cooked)
2 tbsps red onion (finely chopped)

1 red bell pepper (finely chopped)
1/2 cup cilantro (chopped)
1 lime (juiced)

Preparation

1. Combine all ingredients in a large bowl. Refrigerate until ready to serve.

Additional Toppings

Top with green onions, grilled tofu, or roasted chickpeas.

serve it with

Tacos, brown rice tortilla chips or baked platin chips.

Nutrition information per bowl

Total Fat **2g**
Saturated Fat **0g**
Sodium **5 mg**

Total Carbohydrates **44g**
Fiber **5g**
Sugar **28g**

Calories **185 kcal**
Protein **4g**



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