

Cooking with Beth

Mango Salsa

Yield = 5, 1/2 C servings

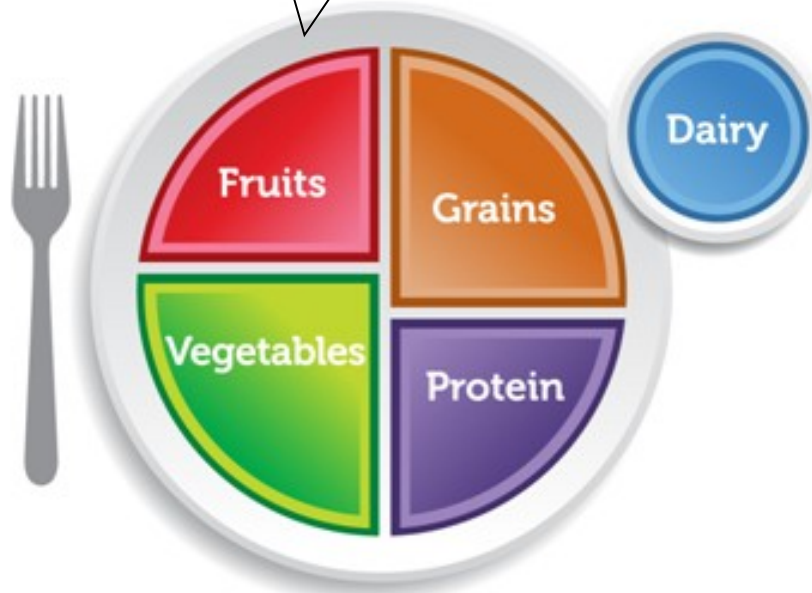
Ingredients

- ◆ 1 medium mango (or pineapple), chopped
- ◆ 1 Cup canned no-salt-added black beans, rinsed and drained
- ◆ 1/2 C canned no-salt-added corn, rinsed and drained
- ◆ 1/4 Cup chopped red onion
- ◆ 1/4 Cup chopped red bell pepper
- ◆ 1-2 teaspoons seeded and finely chopped fresh jalapeño pepper
- ◆ 2 Tablespoons fresh lime juice
- ◆ 1/2 teaspoon grated lime zest
- ◆ 2 Tablespoons all-purpose seasoning blend (optional)
- ◆ 1/8 teaspoon garlic powder
- ◆ 1/8 teaspoon salt

Directions

In a medium bowl, stir together the ingredients. Serve immediately for peak flavor or cover and refrigerate for up to one day before serving. Tip— Be careful while working with jalapeños because the oils can irritate your eyes and skin. Be sure to wash your hands thoroughly with warm, soapy water to remove the oils.

Protein



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Nutrition Information

1/2 Cup Salsa =
Calories 100
Total fat 0g
Carbohydrates 20g
Protein 5

Nutrition Tip

This homemade salsa is a delicious and easy way to add more fruit and veggies to your family plate. Serve salsa with chips as a snack. Also try it as an accompaniment to grilled chicken or seafood.

Know the Facts

- ◆ All foods made from meat, poultry, seafood, beans, eggs, processed soy, nuts and seeds are considered protein foods.
- ◆ Beans are also part of the vegetable food group.
- ◆ Once eaten, protein breaks down into amino acids. Amino acids are like building blocks in our bodies. They are part of every cell, tissue, and organ including our muscles.
- ◆ Choose lean proteins such as fish, skinless chicken, beans without added fat, eggs and nuts.
- ◆ Eggs are punched full of protein and healthy fat. At 60-80 calories each, they are a great snack or meal addition!