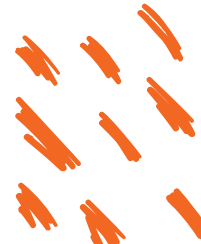




Homemade Mango Salsa



Ingredients:

- 2 ripe mangos*, peeled, pitted, and diced into cubes
 - 1 red bell pepper, diced (optional)
 - 1/4 cup red onion, finely chopped, or 2 medium green onions sliced
 - 1 small cucumber, diced
 - 1 jalapeño, seeded and finely chopped (optional)
 - 1/4 cup fresh cilantro, chopped (optional)
 - Juice of 1 lime (adjust to taste), discard seeds
 - Pinch of cayenne pepper
 - Salt to taste
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Directions:

1. Wash all the vegetables.
 2. In a medium bowl, combine all the diced ingredients: mangoes, red bell pepper, red or green onions, cucumbers, jalapeño, and cilantro.
 3. Squeeze the lime juice over the mixture.
 4. Add salt and cayenne to taste.
 5. Gently mix all the ingredients until well combined.
 6. Let the salsa sit for at least 10 minutes before serving to allow the flavors to meld.
 7. If you're not using it immediately, cover and refrigerate for at least 1 hour.
- When ripe, mangoes typically feel a bit softer. If mangoes are unavailable, use canned peaches or pineapples packed in juice and drained before use.

Recipe adapted from [Cooking Matters - www.cookingmatters.org/recipes/mango-salsa/](http://www.cookingmatters.org/recipes/mango-salsa/)

