

Salsa

Mango and Mint Salsa

Mario Alvarez - Executive Chef, Chez Jay Restaurant
Tifton Gazette

Servings: 6

3 large mangoes, peeled and diced
1/4 cup tangerine juice
2 tablespoons fresh grapefruit juice
1 tablespoon fresh ginger, peeled and grated
1/4 cup onion, finely minced
1 tablespoon plain rice vinegar
1 small jalapeno pepper, seeded and finely diced
2 tablespoons mint, finely chopped
1 teaspoon fresh coriander seed, finely ground
1 tablespoon fresh basil, finely minced

In a large non-reactive bowl, place the mangoes, tangerine juice, grapefruit juice, ginger, onion, vinegar, jalapeno, mint, coriander and basil. Mix well.

Let the mixture macerate (sit) in the bowl for one hour.

Serving Ideas: Very good served over fish such as ahi tuna, mahi-mahi or swordfish.

Per Serving (excluding unknown items): 11 Calories; trace Fat (5.5% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 0 Fat.