

Mango Salsa

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

*1/2 cup jalapeno jelly
3 tablespoons fresh lime
juice
2 1/2 cups mango,
chopped, peeled and pitted
1 1/4 cups red bell pepper,
chopped
3/4 cup red onion, chopped
1/3 cup fresh cilantro,
chopped
1 jalapeno pepper, minced*

In a large bowl, whisk the jelly and lime juice.

Mix in the mango, red pepper, onion, cilantro and jalapeno.

Season to taste with salt and pepper.

Per Serving (excluding unknown items): 794 Calories; 2g Fat (1.9% calories from fat); 6g Protein; 205g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 74mg Sodium. Exchanges: 4 Vegetable; 5 Fruit; 0 Fat; 7 Other Carbohydrates.