

Sauces

Mango Salsa

Southern Living Best Barbecue Recipes - June 2011

Start to Finish Time: 10 minutes

Serve with grilled chicken, pork or seafood.

To add spiciness, stir in a finely chopped, unseeded jalapeno pepper.

2 mangoes, peeled

2 avocados

1 red bell pepper

1/2 red onion

1 tablespoon fresh cilantro, chopped

1 tablespoon vegetable oil

1 tablespoon fresh lime juice

Chop the mangoes, avocados, pepper and onion. Place in a medium bowl.

Add the cilantro, oil and lime juice.

Cover and chill, if desired.

Yield: 2 1/2 cups

Per Serving (excluding unknown items): 835 Calories; 76g Fat (75.3% calories from fat); 10g Protein; 46g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 46mg Sodium. Exchanges: 2 1/2 Vegetable; 1 1/2 Fruit; 15 Fat.