



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

May 19<sup>th</sup>, 2015 Cooking Class

Featuring

D'Avolio's Olive Oil and Vinegar

## Mango Salsa

Serves 4 to 6

### Ingredients:

- 1 mango
- 1/3 red onion
- 2/3 pepper (red and orange)
- 1 jalapeno
- 1 fresh squeezed lime
- 2 tsps. Cilantro

### Optional ingredients

- Cucumber
- Roasted corn

| Amount Per Serving                                                                                                                 |           | % Daily Value*      |                |
|------------------------------------------------------------------------------------------------------------------------------------|-----------|---------------------|----------------|
| Calories 50                                                                                                                        |           | Calories from Fat 0 |                |
| Total Fat                                                                                                                          | 0g        |                     | 0%             |
| Saturated Fat                                                                                                                      | 0g        |                     | 0%             |
| Trans Fat                                                                                                                          | 0g        |                     |                |
| Cholesterol                                                                                                                        | 0mg       |                     | 0%             |
| Sodium                                                                                                                             | 0mg       |                     | 0%             |
| Total Carbohydrate                                                                                                                 | 12g       |                     | 4%             |
| Dietary Fiber                                                                                                                      | 2g        |                     | 6%             |
| Sugars                                                                                                                             | 9g        |                     |                |
| Protein                                                                                                                            | 1g        |                     |                |
| Vitamin A                                                                                                                          | 15%       | •                   | Vitamin C 110% |
| Calcium                                                                                                                            | 2%        | •                   | Iron 2%        |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |           |                     |                |
|                                                                                                                                    |           | Calories            | 2,000 2,500    |
| Total Fat                                                                                                                          | Less than | 65g                 | 80g            |
| Sat Fat                                                                                                                            | Less than | 20g                 | 25g            |
| Cholesterol                                                                                                                        | Less than | 300mg               | 300mg          |
| Sodium                                                                                                                             | Less than | 2400mg              | 2400mg         |
| Total Carbohydrate                                                                                                                 |           | 300g                | 375g           |
| Dietary Fiber                                                                                                                      |           | 25g                 | 30g            |

### Directions:

Finely chop all ingredients and combine in a bowl. Mix to evenly distribute all ingredients. Serve immediately or chill for an hour to allow flavors to meld.

