## **HEART-HEALTHY RECIPE**





MAKES ABOUT 6 CUPS  $\ \ \Box \ \ \Box \ \ \Box \ \ \Box \ \ \Box$  LASTS 1 TO 1 1/2 WEEKS

## **INGREDIENTS**

- 5 large, ripe mangoes, peeled, cut into ¼ inch dice
- 2 medium onions, cut into ¼ inch dice
- 2 red jalapeños, stemmed and minced
- 1 tablespoon minced ginger
- 2 tablespoons sambal chile paste
- 1/3 cup fresh lime juice (about 6-8 limes)
- kosher salt and freshly ground black pepper to taste

## Spicy Mango Salsa

- 1 In a large, non-reactive bowl, combine mangos, onions, jalapeños, ginger, sambal, and lime juice and gently mix together.
- Season with salt and pepper and check for flavor.
- 3 Use or refrigerate.

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