Pacific Islands & Oceania
MANGO AVOCADO SALSA



INGREDIENTS

- 2 Cups Mango (diced)
- 2 Cups Avocado (diced)
- 1 Cup Cherry Tomatoes (quartered)
- 1 Jalapeño (seeded, minced)
- ½ Cup Red Onion (minced)
- ¼ Cup Cilantro (chopped)
- 2 Tablespoons Lime Juice
- ½ Teaspoon Black Pepper
- ½ Teaspoon Salt

DIRECTIONS

1. Cut the avocados in half, remove the pits and dice the flesh into small cubes. Place in a large bowl.
2. Dice the mango into cubes about the same size as the avocado and add to the bowl.
3. Add the cherry tomatoes, jalapeño, red onion, cilantro, lime juice, black pepper and salt.
4. Gently toss everything together with a spatula so the avocado and mango don't get mashed.
5. Serve right away, or cover and refrigerate until ready to serve.

MEAL PATTERN CONTRIBUTION

Vegetable

MEAL TYPE

Snack

YIELD

6 Cups

PORTION SIZES

Toddler:	1 Cup
Preschool:	1 Cup
School Age:	1¼ Cups
Adult:	1 Cup