



MANGO & BLACK BEAN SALSA

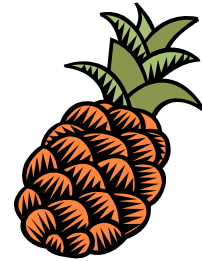
- | | |
|--|--|
| 2 Mangoes, peeled and finely diced | 1 tsp. Kosher salt |
| 2 Cans black beans [15 oz], rinsed & drained | 1 Jalapeno pepper, seeded & finely chopped |
| Juice from 2 limes | ½ cup Red onion, diced |



Mix *all* ingredients together & refrigerate. Makes 4 cups Serving size-1/4 cup
Nutrition Facts: 130 calories, 1 gram fat, 560 mgs. sodium, 7 grams fiber, vitamin A, vitamin C & Iron

PINEAPPLE SALSA

- | | |
|---|-----------------------------------|
| 1 Large pineapple, peeled, cored & diced [or 2 cans pineapple chunks] | 2 Tbs. Vinegar |
| 1 Red pepper, diced | 1 tsp. Kosher salt |
| 1 Green pepper, diced | 1 Jalapeno pepper, seeded & diced |
| ½ cup Red onion, diced | 3 Tbs. Lime juice, fresh |
| 3 Tbs. Cilantro, minced fresh | |



Mix *all* ingredients together & refrigerate. Makes 4 cups Serving size-1/4 cup
Nutrition Facts: 45 calories, 0 grams fat, 240 mgs. sodium, 2 grams fiber, vitamin A & vitamin C

SALSA FRESCA

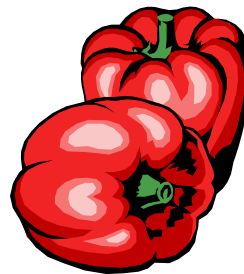
- | | |
|-----------------------------------|-------------------------------|
| 3 Ripe tomatoes, finely chopped | 2 Tbs. Fresh lime juice |
| ½ cup Red onion, finely chopped | 2 Tbs. Cilantro, minced fresh |
| 1 Jalapeno pepper, seeded & diced | Salt & pepper to taste |



Mix *all* ingredients together. Serve at room temperature. Makes about 1 ½ cups Serving size 1/4 cup
Nutrition Facts: 25 calories, 0 grams fat, 5 mgs. sodium, 0 fiber, vitamin A & vitamin C

ROASTED RED PEPPER SAUCE

- 1 clove garlic, minced
- 2 Shallots, chopped
- 2 Red peppers, roasted, peeled & chopped
- 1 cup Chicken broth



In a small saucepan, sauté garlic, shallots, add red pepper & chicken broth. Simmer 10 minutes. Transfer to a blender & puree. Add salt & pepper to taste. Serve over pasta, vegetables or as a dip.
Nutrition Facts: 30 calories, 1 gram fat, 170 mgs. sodium, 1 gram fiber, vitamin A & vitamin C

Source: Chef Laurie