

Pear Mango Salsa

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Makes 8 Servings: *1/4 cup per serving*

Prep time: *30 minutes*

2 medium pears cut into small pieces
1/2 mango, cut into small pieces
1/3 cup chopped yellow pepper
1/3 cup chopped red bell pepper
1/4 cup finely chopped red onion
1 small jalapeno pepper, seeded, and finely chopped(if desired)
3 tbsp finely chopped fresh cilantro
2 tsp of vegetable oil(optional)
Add lime juice and salt to taste

1. Wash hands, gather ingredients, cutting board, small knife and bowl.

2. Mix all the ingredients in bowl and refrigerate in a covered container for at least 30 minutes or up to 3 hours before serving.

3. Serve with tortilla chips quesadillas, or grilled or roasted meats or fish.