

Quinoa-Mango Salsa

From OLDWAYS Whole Grain Council

<http://wholegrainscouncil.org/recipes/salads-sides/quinoa-mango-salsa>

Ingredients

- 1-2 cups cooked quinoa
- 2 mangos, ripe and cubed
- 2-4 serrano chili, seeded and chopped
- 1/2 cup or more chopped cilantro
- 1/4 cup chopped red onion
- Juice of 1 lime
- 3-4 Tbsp. rice wine vinegar
- A pinch of salt

Instructions

1. Combine all ingredients. Use in one of the following ways, or get creative and make a new dish:

Serve as a side dish to any fish or chicken.

Add chips and serve as a snack or appetizer.

Wrap any fish in a piece of parchment paper, pile this salsa on top of the fish and bake at 350 for 12 minutes or so.

Top a plate of black beans or put it in a burrito.

Double or triple the quinoa, add more vinegar and some olive oil for a cold salad.

Pile on top of a poached egg for breakfast.

Nutrition information per serving.

Calories: 220	Dietary Fiber: 6 g
Total Fat: 2.5 g	Sodium: 10 mg
Saturated Fat: 0 g	Protein: 6 g
Cholesterol: 0 g	Carbohydrates: 10 g