

Mango and Blackeye Pea Salsa

From the California Dept. of Public Health and the Network for a
Healthy California Champions for Change

<http://www.cachampionsforchange.net/en/docs/Snacks/Mango-and-Blackeye-Pea-Salsa.pdf>

Ingredients

- 1 (15½-ounce) can blackeye peas, drained and rinsed
- 1½ tomatoes, finely chopped
- 1 mango, peeled and finely chopped
- 2 green onions, chopped
- 1 tablespoon vegetable oil
- 1 tablespoon white vinegar
- juice of half a lime
- 1 teaspoon ground cumin
- ½ teaspoon garlic powder

Instructions

1. In a large bowl, combine all ingredients and mix well.
2. Serve immediately or cover and refrigerate for up to 4 hours to allow the flavors to blend.
3. Serve with baked pita or corn chips.

Makes 10 servings. (*½ cup per serving*)

Nutrition information per serving:

Calories 83
Carbohydrate 14 g
Dietary Fiber 3 g
Sugars 0 g
Protein 4 g
Total Fat 2 g
Saturated Fat 0 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 108 mg

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