

BLACK BEAN MANGO SALSA



This sweet and savory salsa will be a hit for the whole family!

Mangos and black beans are good sources of fiber, an essential nutrient that helps to keep blood sugars steady. It can also be used as a topping for salads, sandwiches, and quesadillas, or as a side dish.

INGREDIENTS

Serves 16 ($\frac{1}{3}$ cup each)

- 2 fresh mangos, diced medium
- $\frac{1}{2}$ red onion, diced small
- 2 tomatoes, diced small
- $\frac{1}{2}$ cup cilantro, chopped
- 2 limes, zested and juiced
- 1, 15-ounce can of no-salt-added black beans, drained and rinsed
- 2 tablespoons red wine vinegar
- 2 teaspoon ground cumin
- 2 teaspoons olive oil
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon ground black pepper

DIRECTIONS

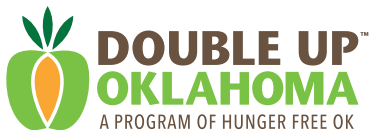
1. Place all ingredients in a medium-sized bowl. Stir until all ingredients are mixed well.
2. Refrigerate for an hour to allow flavors to develop if time allows.
3. Serve with bell pepper scoops, lettuce cups, or baked tortilla chips.
4. Store left-over dip in an air-tight container in the refrigerator for up to 3 days.



INGREDIENT SWAPS: *Instead of mango, try fresh strawberries, fresh or frozen peaches, or fresh or frozen pineapple. Experiment with other types of beans, too. Lemon or orange juice can be used instead of lime juice.*

Nutrients per serving: 63 calories, 1 g total fat (0 g saturated), 12 g total carbohydrates (3 g dietary fiber), 3 g protein, 39 mg sodium, 200 mg potassium, 18 mg calcium, 25 mg magnesium





The Double Up Oklahoma (DUO) Program provides Supplemental Nutrition

Assistance Program (SNAP) beneficiaries with a \$1 for \$1 match, up to \$20 per day, to purchase healthy, fresh fruits and vegetables at participating farmers markets and grocery stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word to their patients about the health benefits of eating more fruits and vegetables. Visit www.doubleupoklahoma.org to find a DUO-participating farmers market or grocery store location near you.



This recipe was developed by the OU Culinary Medicine Program and professionally reviewed by a registered dietitian to ensure it aligns with dietary guidelines for people living with type 2 diabetes and cardiovascular disease. For more help with a personalized meal plan based on your health goals, you can ask your provider for a referral to see a registered dietitian.

Looking for more healthy eating resources?

Scan the QR codes below with your phone's camera for free information.



Learn Safe Knife Skills for Fruits, Vegetables, and Fresh Herbs



Explore More Family-Friendly Recipe Ideas



This organization is an equal opportunity provider. This work is supported by the Gus Schumacher Nutrition Incentive Grant Program from the USDA National Institute of Food and Agriculture.

