Blueberry Mango Salsa

Need an easy side dish? This easily customizable recipe is packed with fiber, iron and plant protein! Eat with sturdy tortilla chips or use as a topper for fish or a baked potato to make it a meal.

Yield: eight ½ cup servings

Ingredients:

1 cup Blueberries, fresh
1 each Red bell pepper, diced
1 small Red onion, diced
1-2 Jalapeño peppers, diced (optional)
1 large Mango, diced
¼ cup Cilantro, fresh, chopped
2 small Limes, fresh squeezed

Instructions:

1. In a medium bowl, combine blueberries, red bell pepper, red onion, jalapeño, and mango. Stir.
2. Sprinkle cilantro and lime juice (I recommend adding one at a time, tasting in between). Over the top, gently stir into mixture.
3. Serve immediately, refrigerate leftovers for up to 1 week.

Nutrition facts (per serving)

118 calories | 4 g fiber | 14 gm carbohydrate | 2.5 gm protein | 58 mg sodium