

TROPICAL SALSA

5 Mangos,peeled and diced

1 Papaya,peeled and diced

1 Jalapeno,minced

1/2 cup Fresh Cilantro,chopped

1/2 Medium Onion,diced

Salt to taste

Mix all ingredients in a large bowl and salt to taste. Chill before serving with a side of baked tortilla chips.

Serving size ¼ cup, makes 8 servings. Each serving is 110 calories

Zachery McElhany

Houston County

Senior- Nutritious Snacks