



Pear Mango Salsa

Prep time: 30 min

Serves 6

INGREDIENTS

- 2 medium pears
- 1/2 large mango
- 1/3 cup chopped yellow bell pepper
- 1/3 cup chopped red bell pepper
- 1/4 cup chopped red onion
- 1 small jalapeno pepper, minced, seeds removed
- 3 Tablespoons fresh cilantro, finely chopped
- 2 teaspoons vegetable oil
- Salt and lime juice to taste

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Peel, core, and cut pears into small chunks.
2. Hold mango half upright and slice straight downward along the edge of its pit to separate the flesh from the pit. Then take mango half and slice through its flesh lengthwise and crosswise to make a grid, without slicing all the way through the skin. Finally, use a scoop or knife to remove the sliced mango flesh from its skin.
3. In a large bowl combine fruit with remaining ingredients. Refrigerate salsa for at least 30 minutes in a covered container.
4. Serve with tortilla chips and enjoy!



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