

Mango Salsa

Serves: 8

This is a colorful, tasty dish that works as a side dish or a vegetarian entrée.

The trick to using mangos is to buy a mango corer. You press the corer through a medium size mango to cut out the fibrous seed. Next, hold a mango half in your hand and score the flesh with a knife. Flex the skin of the mango half to separate the mango flesh into cubes. Cut the cubes away from the skin.



Ingredients:

- 11 oz. can of corn
- 15 oz. can black beans
- 20 oz. can pineapple tidbits with juice
- 1 small red onion (1/2 cup finely chopped)
- 2 ripe mangos
- 1 tsp. brown sugar
- 2Tbsp. chopped Cilantro

Equipment

- Large bowl
- Mango corer



Mango Salsa:

<input checked="" type="checkbox"/>	Directions	Time (min)	
	Chop red onion	3	
	Open and drain and rinse black beans	1	
	Open and drain corn	1	
	Peel, core, and dice mangos	10	
	In a large bowl, mix onion, corn, beans, mango, brown sugar, and pineapple	1	
	Cover and refrigerate		4 hrs.
	Chop cilantro into large pieces and use as a garnish	1	
	Total	17	4 hrs.