

# Pear Mango Salsa

*A tropical twist on a traditional favorite.*

**Makes 6 servings.** *¼ cup per serving.*

**Prep time:** 30 minutes

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## Ingredients

- 2 medium pears, peeled, cored, and cut into small chunks
- ½ mango, peeled, seeded, and cut into small chunks
- ⅓ cup finely chopped yellow bell pepper
- ⅓ cup finely chopped red bell pepper
- ¼ cup finely chopped red onion
- 1 small jalapeño pepper, seeded and finely chopped
- 3 tablespoons finely chopped fresh cilantro
- 2 teaspoons vegetable oil
- lime juice to taste
- salt to taste



## Preparation

1. Mix all ingredients in a bowl and refrigerate in a covered container for at least 30 minutes or up to 3 hours before serving.
2. Serve with tortilla chips, quesadillas, or grilled or roasted meats or fish.

Recipe courtesy of the California Pear Advisory Board.

**Nutrition information per serving:** Calories 65, Carbohydrate 13 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0g, Cholesterol 0 mg, Sodium 100 mg