

Mango Apple Salsa

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Bring the sweetness and crunch of fresh apples to the table in a new and surprising way. Ripe mangoes, chopped apples, and diced onions create a festive and exciting salsa. Diced jalapeno and mint leaves give the salsa an unexpected kick. Serve it with chips, on meat or fish dishes, or with tacos.

Ingredients:

1 large baking apple such as a Granny Smith
1 small mango (should be ripe but firm)
¼ c red onion, diced
1 medium tomato, seeded and diced
1 small jalapeno pepper, seeded and minced
2 Tbsp chopped mint leaves, or crushed mint flakes
salt and pepper to season
2 Tbsp fresh squeezed lime juice

Directions:

1. Peel, core and dice apple into small pieces. Toss with a splash of lemon or lime juice to avoid discoloration. Set aside.
2. Peel, core and chop small mango into small pieces. Add to chopped apple. In small bowl combine apple, mango, onion, tomato and jalapeno. Mix gently. Add mint leaves and lime juice. Add salt and pepper to taste. Stir and cover.
3. Refrigerate for one hour, or overnight.

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