



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Simple Mango Salsa

2 tablespoons mango salsa

Ingredients:

- 2 mangos (peeled and diced)
- ¼ cup red onion (finely chopped)
- 1 jalapeno pepper (minced)
- ¼ cup fresh cilantro leaves (chopped)
- ¼ cup fresh lime juice (~2-4 limes)

Directions:

1. Place diced mango, red onion, jalapeno and cilantro in medium bowl. Toss with lime juice.
2. Serve 2 tablespoons of salsa as “condiment” atop poultry, fish, or taco.



Nutrition Tips:

1. Homemade fruit salsa is an excellent nutritious topping for any fish/chicken/tofu dish in place of commercial condiments which commonly have excess amounts of added sugar and sodium (salt).

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.