



# Mango and Blackeye Pea Salsa

Serve with grilled fish or chicken.



## INGREDIENTS

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| 1 (15½-ounce) can blackeye peas, drained and rinsed | 1 tablespoon vegetable oil                      |
| 1½ tomatoes, finely chopped                         | 1 tablespoon white vinegar juice of half a lime |
| 1 mango, peeled and finely chopped                  | 1 teaspoon ground cumin                         |
| 2 green onions, chopped                             | ½ teaspoon garlic powder                        |

## PREPARATION

1. In a large bowl, combine all ingredients and mix well.
2. Serve immediately or cover and refrigerate for up to 4 hours to allow the flavors to blend.
3. Serve with baked pita or corn chips.



Makes 10 servings. ½ cup per serving.

Prep time: 15 minutes

**Nutrition information per serving:** Calories 83, Carbohydrate 14 g, Dietary Fiber 3 g, Protein 4 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 108 mg