

Mango and Blackeye Pea Salsa

Serve with *grilled fish or chicken.*



INGREDIENTS

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