

Mango Tango Black Bean Salsa

Ingredients (makes 8 servings, serving size: 1/3 cup)

- 1 can (15 ounces) Black beans, rinsed and drained
- 1 can (15 ounces) Whole kernel corn, drained (corn with peppers is optional)
- 1 cup Frozen mango, diced OR 1 medium mango, peeled, seeded and cut into 3/4 inch cubes
- 1/4 cup Finely chopped onion
- 1/4 cup Coarsely chopped fresh cilantro
- 2 Tablespoons Fresh lime juice
- 1 teaspoon Garlic powder
- 1/2 teaspoon Salt (optional)
- 1/4 teaspoon Ground cumin



Directions

1. In medium bowl, combine all ingredients
2. Serve with tortilla chips, if desired. ENJOY!

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program – EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply. An AA/EEO employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.

Nutrition Information- Per serving

Calories	85	Total Sugars	3.2g	Sodium	67mg
Protein	3.9g	Total Fat	.6g	Cholesterol	0mg
Carbohydrate	17.9g	Saturated Fat	0g	Fiber	3.9g

**Recipe adapted from the Canned Food Alliance