

K's Kitchen: Mango salsa worth the effort

By Kathryn Reed

I admit that 99.9 percent of the time I buy salsa. With there being so many choices of tasty fresh salsas to choose from, it is so much easier than making it from scratch.

However, when it comes to fruit salsas, hands-down I would rather have a homemade one.



The recipe below is from Edible Communities, which has publications all over the country.

I just recently stumbled across this recipe again. I remember making it for friends who don't like heat as much as I do. Penny and Sue still say one good-size pepper is all this recipe needs. I put in two. I also used two limes instead of the one it called for. Mangos should be soft like a ripe peach and be more red than green on the outside.

This salsa works well served with fajitas. And chips are always a good choice for any salsa.

Mango Mint Salsa

2 C mango, diced

3/4 C red onions, minced

1 red bell pepper, seeded and diced

2 jalapeño chile peppers, seeded and diced

1 bunch fresh mint, chopped

1 lime, juiced

In a medium bowl, place all of the ingredients and mix gently.

Chill the salsa in the refrigerator at least one hour before serving.