

EAT BETTER FOR LESS

Bring the Party to Your Table During Salsa Month

May is National Salsa Month - the perfect time to celebrate this wonderful topping. If you think salsa is only something to enjoy with tortilla chips in a Mexican restaurant, you are missing out on a treat!

Salsas can be sweet or savory, and are a fun way to add fruits and vegetables to any meal. All fruits and vegetables can be turned into a salsa and it can be as spicy as you wish. Add a dash of excitement with these delicious ideas:

- Mix salsa into scrambled eggs or top an omelet
- Top your tacos, nachos, burritos, quesadillas, fajitas, or baked potatoes with salsa
- Garnish meat or fish with different salsa flavors
- Add to grain and salad bowls or use as a salad dressing
- Top ice cream or other desserts with a fruit salsa

Serving tips

Keep cut fruits like apples, pears, bananas, and peaches from browning by coating them with lemon, orange, or pineapple juice.



Cover and refrigerate chopped fruit and veggies until ready to serve. Most salsas taste best if refrigerated for about an hour before serving to let flavors blend.



Who says salsa must come from a jar? Make your own to celebrate National Salsa Month.

Mango Salsa

Ingredients

- 1 mango, peeled and chopped
- 1/4 cup green bell pepper, chopped
- 1 green onion, chopped
- 1 lime, juiced (1-2 tablespoons)

Directions

1. Peel and chop the mango, be sure to remove the seed.
2. Cut the pepper and onion into small pieces.
3. Mix all the ingredients together.

Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.

Resources: <https://food.unl.edu/healthy-bites-may-national-salsa-month>, myplate.gov/recipes/mango-salsa1



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