Mango Slaw

Ingredients:

- 3 cups peeled ripe mango (about 2 large diced mangos)
- 1 cup chopped red onion
- ½ cup minced cilantro, 1 seeded jalapeno pepper (minced)
- 1 cup diced red bell pepper, 1 cup shredded cabbage
- ½ cup lime juice, 1 tsp. sugar, 3 Tbsp. olive oil

Yield: 8 servings

Thank you for your service and Happy National Nutrition Month

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Instructions:

1. Combine all ingredients in a bowl; toss well. Cover and chill until ready to Serve over fish taco

Nutrition Per Serving: Calories: 84 Fat: 5 g Carbohydrate: 10 g Protein:1 g Fiber 2 g

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