



MANGO TOMATO SALAD

Categories:
Tools:
Locations:
Plate/Store:

Yield: 4 servings
Portion: 1 ea
Num. Portions: 4

Ingredients:

6 3/4	oz	Mango ; frozen chunks	Pinch	tsp	Cayenne Pepper
3 1/4	oz	Jicama ; diced	1/2	tsp	Salt
13	oz	Roma Tomatoes			
1/2	tbl	Fresh Cilantro ; minced			
3 1/4	tsp	Lime Juice			
1	fl oz	Canola Oil			

Directions:

1. Completely thaw the mango chunks.
2. Core and chop the tomatoes.
3. Chop the jicama into 1" chunks.
4. Combine the mango, tomatoes, cilantro and jicama.
5. Combine the oil, lime juice, cayenne and salt.
6. Dress the salad and toss lightly. Keep refrigerated until ready to serve.