

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Mango Salsa

2-4 T finely minced red onion

2 mangos, finely chopped

2 T lime juice

1-2 medium cloves garlic

1/2 tsp. salt

2 T minced fresh cilantro

Cayenne or red chilies to taste  
(optional)



Combine everything, let flavors meld for a couple minutes, then taste to adjust for seasonings. If it tastes amazing, eat it. If not, add a little more of what it needs and then devour. Wink. Try this salsa with sliced red pepper, cut thickly for dipping.

Recipe from Faves by Melissa Chappell.