



RED MANGO SALAD by John Downs

Ingredients:

6 or 7 Plum Tomatoes diced
1/2 small Red Onion, diced
2 Jalapeno's, diced. Seeded if desired to lower end salsa heat
1/4 cup chopped cilantro
1 Red Mango, diced
Juice from 3 fresh limes
Fresh ground black pepper to taste

Salt and Pepper are optional if desired

