

Mango Salsa

THIS SALSA ADDS ZEST TO A VARIETY OF DISHES and is a great accompaniment to baby bok choy, asparagus and grilled fish. I also serve it solo with chips for a refreshing change from its more ordinary cousins tomato salsa and guacamole. If you don't care for mango, try preparing this salsa with peaches, nectarines or papaya.

- 1 mango, pitted, peeled and diced
- 1 avocado, peeled, pitted and diced (save pit)
- 1 tomato, diced
- ¼ cup peeled and diced jícama
- 1 jalapeño, seeded and minced
- 1 small red onion, minced
- ¼ cup chopped fresh cilantro
- Juice of 1 lime
- 1–2 tablespoons extra virgin olive oil
- Sea salt

In large bowl, combine mango, avocado, tomato, jícama, jalapeño, onion and cilantro. Fold in lime juice. Add olive oil (1 tablespoon at a time) until desired consistency is reached. Season with sea salt to taste, place pit on top of mixture to keep avocado from turning brown, cover and set aside (or chill) to allow flavors to blend. Remove pit before serving.

MAKES 3 cups