

Farmers Market Fun Family Recipes

STRAWBERRY- MANGO SALSAS

Serving Size: ¼ cup

Yield: 28 servings

Ingredients

7 teaspoons balsamic vinegar

⅔ cup orange juice

¼ cup lemon juice

2 Tablespoons lime juice

2 fresh mangoes, diced

2 pints strawberries, diced

*Add diced kiwi for extra vitamin A and potassium.

Instructions

1. Stir together the balsamic vinegar, orange juice, lemon juice, and lime juice in a large bowl.
2. Gently fold in the strawberries and mango until blended. Allow the mixture to rest at least 20 minutes before serving.

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Nutrition information:

Calories: 22

Carbohydrate: 5 gm

Fiber: <1 gm

Fat: 0 gm

Protein: <1 gm

Cholesterol: 0 mg

Sodium: 0 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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