DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Brandelyn Cochran				
CATEGORY *Please check one*	[x] Appetizer	[ ] Main Dish	[ ] Side Dishes	[ ] Healthy Desserts
COUNTY Rusk				
AGE DIVISION	[ ] Junior	[ ] Intermediate	[x] Senior	

Name of Recipe: Mango Salsa		
Prep Time: 10 minutes	**Cook Time:** N/A	**Cost:** $6.76

Type Recipe Here:

Yield: 3 cups; serves 6

- 2 large ripe mangos, small diced
- 1 large red bell pepper, cored, seeds removed and finely diced
- ¼ cup cilantro, chopped
- Pinch of salt
- 1 lime, juice of

Place the diced mango, bell pepper, onion, jalapeno, and cilantro in a medium/ large mixing bowl. Add a pinch of salt and squeeze lime juice over top. Gently toss to coat.

Enjoy right away or let rest for 30 minutes so flavors can mingle. Refrigerate leftovers.

Serve with chips as an appetizer or as a side to compliment any meal such as tacos, burritos, or vegan bowls.

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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