

Salsa's a zesty alternative to sauces

July 30 2019, by Len Canter, Healthday Reporter



(HealthDay)—Looking for a fresh way to top your burger, seafood and other proteins? Use hot peppers to create a zesty alternative to mayo or butter-based sauces.

Homemade pepper-based salsas are a healthy and flavorful way to liven up all kinds of dishes. And using fruit, such as mango, adds sweetness and plenty of flavor to spicy peppers like jalapenos.

Grilled Mango Salsa

- 2 large mangos
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground [black pepper](#)
- Olive oil cooking spray
- 1/2 red onion, diced
- 1/2 cup packed cilantro, leaves and stems
- 2 jalapenos, seeded and diced
- 1 lime, zested and juiced
- 1 tablespoon olive oil

Note: Look for mangos that are still on the firm side because they are easier to [grill](#). Use a potato peeler to remove the skins. Slice large pieces from both sides of the mango pit. Cut off and reserve any small pieces to add to fruit salad or a smoothie. Coat your grill with cooking spray. Sprinkle the mangos with salt and pepper and place on the grill. Grill 2 to 3 minutes on an outdoor grill or 5 to 6 minutes on high on an indoor grill, turning once until the mangos have grill marks and start to soften. Transfer to a plate to cool. Place the onions, cilantro, jalapenos, lime zest and juice, and the [olive oil](#) in a large bowl. Toss well. Finely dice the cooled [mango](#) and add it to the bowl, again tossing well. Serve immediately on top of your favorite grilled protein or vegetables, or refrigerate, covered, for up to five days.

Yield: 2 cups.

More information: Colorado State University Extension has more ideas for [cooking with peppers](#).

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Citation: Salsa's a zesty alternative to sauces (2019, July 30) retrieved 17 April 2024 from <https://medicalxpress.com/news/2019-07-salsa-zesty-alternative-sauces.html>

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