



CUCUMBER MANGO RADISH SALSA

This zippy, cooling salsa provides a uniquely delicious way to use antioxidant-rich radishes. The creaminess of the mango contrasts well with the crunchiness of the radishes and cucumbers. Serve as a condiment for fish tacos or as a dip for organic corn chips.

Makes 2½ cups

Ingredients

4 radishes, diced
1 mango, diced
½ cucumber, peeled, seeded, and diced
1 jalapeno, seeded and minced
¼ cup chopped fresh cilantro
2 tablespoons chopped fresh mint
1 tablespoon fresh lime juice
1 teaspoon local honey
¼ teaspoon chili powder
¼ teaspoon sea salt

Preparation

1. Toss all ingredients together in a medium-sized bowl. Taste and adjust seasonings as desired.
2. Serve immediately or store in refrigerator for up to 4 days. Flavors will build the longer ingredients marinate together.

AIP adaptation: Omit jalapeño and chili powder.

Elimination/Provocation Diet adaptation:
Omit lime juice, jalapeño, and chili powder.

Nutrients: B₂, B₆, C, E, CA, CU, FE, MG,
MN, SE, ZN

