



TAIT FARM FOODS

RASPBERRY MANGO SALSA

1 C. fresh (or frozen) raspberries

1 mango, peeled & chopped

1/3 C. red bell pepper, chopped

1/3 C sweet onion, chopped

3 Tbs. Raspberry Shrub

1 Tbs. lime juice

1 tsp. ground cumin

½ tsp. freshly grated ginger

1/8-1/4 tsp. cayenne

a pinch of salt

¼ C. chopped parsley (cilantro can be substituted)

- ~ Mix spices with liquids, pour over the rest of the ingredients and mix thoroughly. Let it sit a bit before serving.
- ~ Delicious with grilled fish, chicken, fajitas, quesadillas, or Mexican salads.
- ~ For a creamy salsa, mix 1 part fresh salsa with 1 part light sour cream.