

BEYOND HUNGER

ORANGE SALSA

This simple and refreshing orange salsa has just 5 ingredients, but there are so many ways to enjoy it! Serve it alongside tortilla chips, quesadillas, tacos, in salads, or topped on your favorite meats. This brightly flavored dish also packs a punch of Vitamin C!

Yield: 4 servings

Ingredients:

- 4 **mandarin oranges**, peeled and segmented
- ¼ cup **red onion**
- ¼ cup **jalapeño**
- 1 **lime**, juiced
- ¼ tsp **salt**

Instructions:

1. Peel and segment the mandarin oranges. Slice each segment into quarters.
2. Finely dice the red onion and jalapeño.
3. In a small bowl, stir together the oranges, red onion, cilantro, jalapeño, lime juice, and salt.
4. Serve and enjoy!

Per Serving: Calories 124, Protein 2 g, Saturated Fat 0.1 g, Sodium 5.7 mg, Fiber 4.1 g, Sugars 22.3 g

This recipe was adapted from [sownshiftology.com](https://www.sownshiftology.com)

