

# Mango / Pineapple Relish

*Anthony Stingo*

*Chef Anthony*

*cooking for your health:*

**Servings: 8**

**Yield: 3 ounces**

*2 cups Mango, skinned*

*2 cups pineapple, skinned*

*1/2 cup red onion, diced fine*

*1/2 cup red pepper, diced fine*

*1/4 cup cilantro, chopped fine*

*1/4 teaspoon kosher salt*

*1/4 teaspoon white pepper*

*Great for side dish to enhance fish or chicken*

**low salt - 8**

**Preparation Time: 30 minutes**

Cut skinned mango in half along the pit so that you can remove the pit and dice the fruit, put into a mixing bowl.

Cut the pineapple in half standing up, then into half again. Slice off the inside core part on each of the sections. Then slice each section long ways and dice to a small size cut. Add to the mixing bowl with the mango.

At this point add all the other ingredients and stir, let stand in the cooler for about an hour.

*fresh fruit great for fish or chicken*

Per Serving (excluding unknown items): 55 Calories; trace Fat (5.1% calories from fat); 1g Protein; 14g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 62mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 0 Fat.