



TEACHING KITCHEN

VIRTUAL WELLNESS *Series*

April Rozzo, MS, RD, CSO, LD/N

Tuesday, June 20, 2023 • noon–12:30 p.m. EST

Join April Rozzo, Clinical Oncology Dietitian, for a hands-on session preparing one of her favorite healthy eating recipes. Courtesy of National Nutrition Month Recipe Contest Winner Diane Benfield.

MANGO BLACK BEAN SALSA

Ingredients/Shopping List

- 3 large ripe mangos (soft to touch), peeled and diced
- 1 medium red onion, diced into small pieces
- 16 oz can black beans, drained and rinsed in colander until the water runs clean
- Juice of 6 fresh limes (as desired)
- 24 oz of pineapple juice (as desired)
- Bunch fresh cilantro, chopped
- 4 red hot chili peppers, diced (optional)
- 10 dashes Tabasco (as desired)

Instructions

1. Place all ingredients into a large bowl and add preferred levels of juice and heat to your personal taste. Mix well and refrigerate to infuse flavors for 2–3 hours before serving.
2. Serve with Tostito Scoops as an appetizer or as a sweet and spicy topping for savory fish dishes. Makes about 6, 1-cup servings.

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