

## Mango Salad

### INGREDIENTS

- 1 medium pear
- 1 cup mango
- 1 red pepper
- ½ small onion
- ¼ cup chopped cilantro
- 1 tbsp. grape seed oil
- 1 tbsp. fresh lime juice
- Salt and pepper, to taste
- Tortilla chips



### DIRECTIONS

1. Peel and the pear and mango and cut both into small chunks.
2. Finely cut the red pepper, onion and cilantro.
3. Combine pear, mango, red pepper, onion and cilantro into a bowl.
4. Add in grape seed oil and lime juice and mix well.
5. Season with salt and pepper.
6. Serve with tortilla chips.