

~Mango~

The most popular fruit in the world!

Mango Smoothie

1 cup plain low-fat yogurt
½ cup skim milk
1 cup chopped mango

2 teaspoons sugar (optional)
4-8 ice cubes

Put mango, yogurt, milk, and sugar into a blender and blend well, then add ice cubes. Pour into individual glasses and serve!

Yield: 2 servings (or 1 large serving)

Mexican Mango and Jicama Salad

1 medium mango, peeled and diced
2 cups diced jicama
1 large cucumber, diced
½ small red onion, finely minced
¼ cup cilantro, chopped
2 tablespoons rice vinegar

2 tablespoons fresh lime juice
1 teaspoon ground mustard
¼ teaspoon salt
Pinch of cayenne pepper
Pinch of paprika

Combine mango, jicama, cucumber, onion, and cilantro in a large bowl. In a small bowl, combine vinegar, lime juice, mustard, salt, cayenne, and paprika. Whisk well and pour over vegetables.

Yield: 6 one-cup servings

Mangoes are available year round but are at their peak from March through September. A ripe mango will have a full, sweet smell coming from the stem end. If you don't smell anything, you won't taste much either. A ripe mango is ready to eat when it is slightly soft to the touch and yields to gentle pressure, like a ripe peach or avocado. Sometimes the skin begins to wrinkle when the fruit is ripe. The flesh is orange colored and juicy.

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Mango Lime Bean Salad

1 mango, peeled and diced
1 (15 oz.) can black beans, drained and rinsed
¼ to ½ red onion, finely diced

½ cup chopped cilantro
Zest of 1 lime
2 tablespoons lime juice

Combine all ingredients and serve with tortilla chips, on steamed brown rice, or on top of lettuce greens.

Yield: 2 servings

Mango Salsa

3 mangoes, chopped
1 bell pepper any color, chopped
5 - 6 green onions, finely chopped
1 bunch cilantro, finely chopped
Tortilla chips

Combine all ingredients except chips into a medium sized bowl.
Serve with tortilla chips.

Mango Coconut Pudding

1 (15 oz.) can light coconut milk
1 ½ cups finely diced mangoes, divided
½ cup sugar
¼ cup cornstarch
1 cup skim milk
1 teaspoon vanilla

Combine coconut milk and 1 cup mangoes in medium saucepan. Cook over medium heat 3 to 5 minutes. Add sugar and cornstarch. Cook, stirring constantly until mixture thickens. Add milk and vanilla. Continue cooking and stirring until entire mixture thickens. Pour into serving dishes and refrigerate until chilled and thick. Garnish with remaining mangoes.

Yield: 4 servings.

Comfort Food
Did you ever think of a mango as comfort food? They have an enzyme that really can make you feel better! In addition to the fact that they are full of vitamins, minerals and anti-oxidants, the enzyme in mangoes, similar to the papain found in papayas, act as a digestive aid and contribute to feelings of well being and contentment.

Mangoes are the most popular of all tropical fruits worldwide!

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