



Mango - The King of Fruit

Pairing mangos with your favorite entrée, side dish, or dessert is easier than ever.

Our featured recipes are sure to please any palate, mixing the savory with the sweet.

Mangos are a natural comfort food. Mangos really can make you feel better! Beyond being delicious and rich in vitamins, minerals and antioxidants, mangos contain an enzyme with

stomach soothing properties similar to the pepsin enzyme found in papayas.

These comforting enzymes act as digestive aids and can be held partially responsible for that feeling of contentment we experience during and after our

daily mango ritual. Yes, it is quite natural to crave those mangos!

The mango, both in its green and ripe form, is a very good tenderizing agent due to these same enzymes, therefore ideal to include in any marinade.

The Magnificent Mango

- The mango is known as the 'king of fruit' throughout the world.
- Mangos originated in East India, Burma and the Andaman Islands bordering the Bay of Bengal. Around the 5th century B.C.,

- Mangos are bursting with protective nutrients. The vitamin content depends upon the variety and maturity of the fruit, when the mango is green the amount of vitamin C is higher, as it ripens the amount of beta carotene (vitamin A) increases.
- There are over 20 million metric tons of

mangos grown throughout the tropical and sub-tropical world each year.

- The mango is a member of the Anacardiaceae family. Other distant relatives include the cashew, pistachio, Jamaica plum, poison ivy and poison oak.
- The mango fruit skin is not considered edible.

FOOD



Mango a Day Keeps Docs Away

Research has shown that that dietary fiber has a protective effect against degenerative diseases, especially with regards to the heart; it may help prevent certain types of cancer, as well as lowering blood cholesterol levels. An average sized mango can contain up to 40 percent of your daily fiber requirement. Mangos are also a great way to replenish potassium. Currently ongoing studies suggest mangos may protect against diabetes, too. Deliciously rich in antioxidants, potassium, vitamins and fiber – the mango is the perfect fruit! Truly 'the king of fruit.'

Pork Fajitas with Mango

"Enjoy these with lime wedges and Mexican beer."

Ingredients

- 1 tablespoon fresh lime juice
- 1 teaspoon ground cumin
- 1 (1-pound) pork tenderloin, trimmed, cut into 1/2-inch strips
- Cooking spray
- 2 cups julienne-cut red bell pepper, (about 1 medium)
- 2 cups julienne-cut green bell pepper, (about 1 medium)
- 1 cup thinly sliced onion



- 3 garlic cloves, minced
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon sugar
- 8 (8-inch) low-fat flour tortillas
- 1 1/2 cups diced mango (about 1)
- 1/4 cup fat-free sour cream

Directions

1. Combine juice, cumin and pork in a medium bowl, tossing well to coat. Let stand 5 minutes.
2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add pork to pan; sauté 4 minutes or until done. Remove from pan.
3. Recoat pan with cooking spray. Add peppers and onion; cook 6 minutes or until tender. Add garlic and pork; cook for 5 minute. Add 1 tablespoon soy sauce and sugar; cook 1 minute. Remove from heat.
4. Serve pork mixture with warm tortillas, mango and sour cream.

Mango Papaya Salsa



"This delicious salsa taste great served with chicken or fish."

Directions

In a medium bowl, mix mango, papaya, red bell pepper, avocado, sweet onion, cilantro and balsamic vinegar; season with salt and pepper. Cover, and chill in the refrigerator at least 30 minutes before serving.

Ingredients

- 1 mango - peeled, seeded and diced
- 1 papaya - peeled, seeded and diced
- 1 large red bell pepper, seeded and diced

- 1 avocado - peeled, pitted and diced
- 1/2 sweet onion, peeled and diced
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste

Thai Green Mango Salad

"Healthy and delicious!"

Ingredients

- Salad**
- 3 cups baby salad greens, washed and dried
 - 1 mango, green, (slightly under-ripe), thinly sliced
 - 1/2 cup cherry tomatoes
 - 1 1/2 cups coriander, mostly leaves

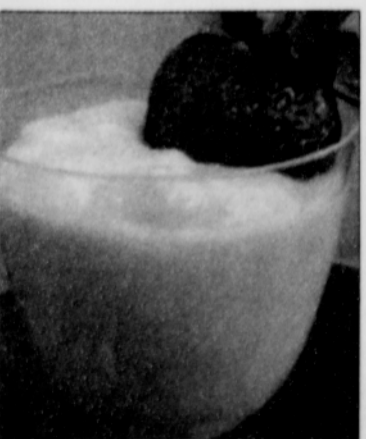


- Dressing**
- 1/2 cup lime juice
 - 1/4 cup fish sauce
 - 1/4 cup palm sugar
 - 2 red chilies, remove seeds and chop finely
 - 1 clove garlic, peel and chop finely

Directions

1. Mix salad greens with all the remaining ingredients.
2. Combine dressing ingredients and gently toss through all the ingredients. Arrange on salad platter to serve.

Notes: Palm sugar can be found at Asian grocers but if unavailable substitute brown sugar. Use the inner part of the lemon grass to chop for the dressing as it is tenderer. And remember to wash hands well after chopping the chili (or wear gloves).



Mango Pudding

Ingredients

- 1/2 cup macadamia nuts, soaked until soft
- 2 ounces water
- 3 cups peeled, fresh mango
- 1/4 cup guava nectar
- 1/4 teaspoon sea salt

Preparation

Blend macadamia nuts and water until smooth. While blender is running, add mango, guava nectar and sea salt. Process until creamy; refrigerate for an hour to set.

"This very rich and creamy treat is delicious!"

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