

HARVEST OF THE MONTH:

Mangos



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Nutrition Facts

Serving Size 165 g

Amount Per Serving

Calories 107 Calories from Fat 4

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 28g 9%

Dietary Fiber 3g 12%

Sugars 24g

Protein 1g

Vitamin A 25% • Vitamin C 76%

Calcium 2% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

HEALTHY SERVING IDEAS

- One of the easiest ways to eat mango is to cut it like an avocado. Cut a slice beside the large seed in the middle. Then score the slice with a knife as you would an avocado half. Use a spoon to scope out the pieces, or you can turn it inside out (see picture.) Search online for videos showing the technique.
- Mango is considered a dessert fruit, so serve fresh pieces after supper.
- Mix diced mangos with other diced fruit (pineapple, pear, coconut, etc.) add some water, or juice, and blend into a healthy smoothie.
- Serve a mango salsa or salad at a summer party!

PRODUCE TIPS

- In the store, squeeze the mango gently. A ripe mango will give slightly. (Color is not the best way to judge mango ripeness.)
- Keep unripe mangos at room temperature
- Once ripe, store mangos in the refrigerator.

BENEFITS OF EATING MANGO

- One cup of mangos is just 100 calories, and each serving is fat free, sodium free and cholesterol free.
- Mangos contain over 20 different vitamins and minerals, helping to make them a superfood. In India, they are considered the "King of Fruit."

1 cup of mango provides:

- 100% of your daily vitamin C requirements, which supports a healthy immune system (preventing illness and healing cuts)
- 35% of your daily vitamin A requirements, which promotes healthy eyes
- 20% of your daily folate requirement, which supports healthy blood
- 12% of your daily fiber requirement, which keeps digestion healthy



Mango Recipes

CINCO DE MANGO SALSA

INGREDIENTS

- 3 large mangos, peeled, pitted & diced
- 2/3 cup diced red bell pepper
- 1/3 cup diced red onion
- 2 tablespoons fresh lime juice
- 2 tablespoons fresh cilantro (optional)
- 1 medium jalapeno pepper, stemmed, seeded and minced (optional)

DIRECTIONS

Combine all ingredients in a serving bowl. Serve with whole wheat chips or crackers.

MANGO COCONUT RICE

INGREDIENTS

- 1 tablespoon olive oil
- 1 ½ cups long-grain rice
- 1 (14-ounce) can unsweetened coconut milk
- ⅔ cup water
- 1 teaspoon salt
- 1 large mango, peeled and cubed

DIRECTIONS

In a large saucepan, heat the oil over medium-high heat. Add the rice and stir to coat with the oil. Add the coconut milk, water, and salt; bring to a boil. Stir in the mango. Cover, reduce heat to low, and simmer about 20 minutes, or until the liquid is absorbed.

Remove from the heat and fluff the rice with a fork. Serve as a side-dish or with stir-fry.

MANGO SORBET

INGREDIENTS

- 2 citrus fruits (Valencia orange, lemon, lime)
- 4 mangoes, chopped

DIRECTIONS

Juice the citrus fruits and then puree the mango and citrus fruit juice until smooth. Pour into a container and freeze for about 4-6 hours. Stir with a spoon every other hour so it doesn't get too solid. Once desired consistency is reached, remove from freezer and use an ice cream scoop to portion out into bowls.

MANGO ROLL-UPS

INGREDIENTS

- ⅓ cup low-fat cream cheese
- 2 whole wheat tortillas
- 1 medium ripe mango, peeled, pitted and cut into ½-inch thick strips
- 2 kiwifruit, peeled and cut into 8 wedges
- 2 tablespoons honey
- ¼ teaspoon cinnamon

DIRECTIONS

Spread cream cheese over tortillas and place mango and kiwi over 2/3 of the surface. Stir together honey and cinnamon and drizzle over top. Roll up and squeeze, securing the ingredients, then cut into 1/2-inch thick slices.

MANGO, CUCUMBER, AND AVOCADO SALAD

INGREDIENTS

- 1 cup mango, chopped
- 1 cup cucumber, chopped
- 1 cup avocado, chopped
- ½ T jalapeño (optional)

DIRECTIONS

Combine all ingredients in a serving bowl. Serve as summer side-salad.