



## TRY THIS: MANGOES

Did you know: Mangoes are grown all over the world in tropical climates. They are the most commonly eaten fruit in the world. Mangoes are a juicy, sweet fruit packed with vitamins and fiber. It's paisley shape is based on the shape of a mango. Try the sweet or savory recipes below.

### HOW TO:

**Pick it:** Picking mangoes are similar to picking peaches or avocados. As mangoes ripen, they become softer. Be sure to choose a mango that gives slightly when you gently squeeze it. The color of the mango is not an indicator of whether or not it is ripe. Always judge by feel.

**Store it:** Unripe mangoes should be stored at room temperature. Ripe mangoes should be stored in the refrigerator for up to five days. You can also cut up mangoes and place in an airtight container to store in the refrigerator for several days or the freezer for six months.

**Use it:** Mangoes have long, flat seeds in the center of the fruit so you have to work around it. Stand up the mango on your cutting board stem down. Place your knife about 1/4" from the center line and cut down through the mango. Turn the mango around and repeat this on the other side. These pieces are called the cheeks. From here, you can scoop the mango out of the skin of the 'cheeks' to eat for a quick snack or you can dice it up. To dice, cut checkerboard slices into the mango flesh. Make sure you don't cut through the mango skin. Slice or scoop the mango slices out of the skin into a bowl.



**When it's in season:** April to August

### CHICKEN MANGO NACHOS

**Servings: 4**

**Ingredients:**

- 2 c. chopped, cooked chicken breast
- 1 tsp. chili powder
- ¼ tsp. salt
- 4 c. pita chips
- 1 c. fresh, diced mango
- 1 red bell pepper, diced
- ¼ c. finely diced red onions
- 2 c. shredded Monterey Jack cheese
- 1 diced avocado
- Garnish: fresh cilantro and fresh lime juice

**Directions:**

1. Preheat broiler.
2. Season cooked chicken with salt and chili powder.
3. Lay pita chips on a large baking sheet.
4. Sprinkle with the chicken, mango, bell pepper, onions and cheese. Place under broiler until cheese is melted and golden. (Watch carefully!)
5. Remove from oven, top with cilantro, avocado, and a squeeze of lime juice.

Recipe adapted from [www.mango.org](http://www.mango.org)

### CREAMY MANGO BERRY SMOOTHIE

**Servings: 4-6**

**Ingredients:**

- ¾ c. low-fat milk
- 1 c. fresh strawberries
- ½ c. vanilla yogurt
- ¾ tsp. vanilla extract
- 1 ½ c. of diced mango (fresh or frozen, about 2 medium mangoes)
- 1 c. ice

**Directions:**

1. Place all ingredients in a blender and blend until smooth. Add more ice depending on desired consistency