



FRUIT OF THE MONTH



MANGO

Developed by Mary Kay Solera, MS, CHES

Most Americans consider the mango an exotic fruit with the taste of a peach and pineapple. Although it is popular in tropical areas it actually originated in Southeast Asia or India where it has been grown for over 4,000 years. Over the years mango groves have spread to many parts of the tropical and sub-tropical world, where the climate allows the mango to grow best. Mango trees are evergreens that will grow to 60 feet tall. The mango tree will fruit 4 to 6 years after planting. Mango trees require hot, dry periods to set and produce a good crop. Most of the mangos sold in the United States are imported from Mexico, Haiti, the Caribbean and South America. This fruit with its tropical taste also offers the highest amount of beta carotene of any fruit. (Wellness Encyclopedia of Food and Nutrition, 1992).

Mangos

Serving size 1/2 - medium** (104g)

Amounts Per Serving

Calories 70

Calories from Fat 5

% Daily Value

Total Fat .5g	0%
Sodium 0mg	0%
Potassium 230mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 1g	
Vitamin A	40%
Vitamin C	15%
Calcium	0%
Iron	0%

Source THE PACKER 1999 GUIDE



Varieties: Today there are over 1,000 different varieties of mangos throughout the world. Mangos come in different shapes, sizes and coloring depending on the ripeness. The colors range from yellow to green to orange or red. They weigh as little as a few ounces up to a few pounds. All varieties have a very rich tropical flavor when ripe.

Selecting: Choose firm plump mangos that give slightly when pressure is applied. Avoid those with bruised or dry and shriveled skin. The ripeness of mangos can be determined by either smelling or squeezing. A ripe mango will have a full, fruity aroma emitting from the stem end. Mangos can be considered ready to eat when slightly soft to the touch and yield to gentle pressure. The best flavored fruit have a yellow tinge when ripe; however, color may be red, yellow, orange, green, or any combination.

Storing: Store mangos at room temperature and out of the sun, until ripened. The ideal storage temperature for mangos is 55 degrees F. When stored properly a mango should have a shelf life of 1 to 2 weeks. While the mango will not ripen in the refrigerator, it can be kept chilled there once ripe. Store cut mangos in a plastic bag for no more than 3 days.

Make Mangos Part of Your 5 A Day Plan: It is easy to include mangos in your 5 A Day Plan. Keep cut up mango chunks in the refrigerator to add to any fruit salad or pineapple flavored yogurt. Use mango to top bagels with fat free cream cheese or include mango in your favorite fruit shake or smoothie for a very tropical taste.

Cutting Know How

- With a sharp thin-bladed knife, cut off both ends of the fruit.
- Place fruit on flat end and cut away peel from top to bottom along curvature of the fruit.
- Cut fruit into slices by carving lengthwise along the pit.





TROPICAL SALAD MIX

Use mangos, papayas, bananas, and sprinkles of coconut. Toss and serve with fat free strawberry yogurt or puree over angel food cake, other fruits and even grilled meats.

BREAKFAST MANGO

Use pureed mango on top of pancakes and waffles or make a shake by mixing mango with yogurt and ice cubes in a blender or food processor.

MANGO SORBET

Servings 4

Ingredients

3/4 cup yogurt

2 tsp. sugar

2 medium mangos, peeled and cubed

Directions: In food processor, process mango and sugar until smooth. Add yogurt. Pour mixture into freezer container of an ice cream maker. Freeze according to manufacturer's instructions. To prepare without an ice cream maker, pour mixture into an 8"x4" freezer container. Cover and freeze 4 hours, whisking from time to time.

FROZEN MANGO YOGURT

Servings 6

Ingredients

2-3 tbsp. honey

2 tsp. chopped fresh ginger

1 egg, separated
Pinch of salt
Pinch of cream of tartar
2 tbsp. sugar
2 cups unflavored yogurt
2 medium mangos

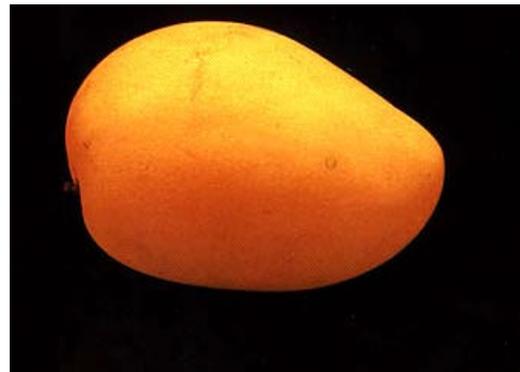
Directions: Peel, pit and chop fruit. Puree with honey and ginger in blender or food processor. Bring puree to boil in small saucepan. Gradually whisk in beaten egg yolk, then set aside to cool. Beat egg whites with salt and cream of tartar until soft peaks form. Gradually beat in sugar until stiff peaks form. Stir yogurt into mango mixture then fold in egg whites. Spoon into a shallow metal pan and freeze until firm, stirring occasionally.

RED PEPPER MANGO ONION SAUCE

Servings 6

Ingredients

1 1/4 cups chopped onion
1 cup chopped red bell pepper
1 tbsp. oil
3/4 cup fresh mangos, peeled & cubed
1 cup mango nectar
1 tbsp. fresh ginger, minced
2 tsp. balsamic vinegar
1/4 tsp. crushed red pepper flakes
1 tbsp. flour



Directions: Saute onions and red bell pepper over medium heat for 5-8 minutes until soft. Stir in flour. Add mango, mango nectar, ginger, vinegar and red pepper flakes. Cook, stirring over medium heat until sauce boils and is thickened. Serve hot over chicken, fish or pork. (National Onion Association)

SIRLOIN FAJITAS WITH MANGO RELISH

Servings 6

Ingredients

12 flour tortillas
1/3 cup teriyaki sauce
1/3 cup pineapple juice
1/3 cup honey
4 cloves garlic, minced
2 tbsp. olive oil
Black pepper
1 mango, chopped
1 avocado, chopped
1 tomato, chopped
5 green onions, chopped
1/2 cup cilantro, chopped
2 jalapeno peppers, chopped
Juice of 1 lime
2 tbsp. rosemary, chopped (optional)
1 1/2 lbs. sirloin steak



Directions: Combine teriyaki sauce, pineapple juice, honey, garlic, 1 tbsp. olive oil and black pepper in a bowl. Keep refrigerated 1/4 cup of marinade for basting. Marinate meat in remaining marinade 6 hours. Combine mango relish ingredients. Mix well. Remove steaks from marinade. Discard marinade. Broil or barbecue steak to desired doneness, turning once and baste with reserved marinade. Carve steak across grain into thin slices. To serve, place equal amounts of beef in center of tortillas; top with relish and roll up.

VEAL CHOPS A L'ORANGE

Servings 4

Ingredients

Spray oil
3 veal chops
2 tbsp. minced onion
1 tbsp. brown sugar
1 tbsp. cornstarch
1/2 cup orange juice

1/2 cup chicken stock
1/4 cup orange liqueur
1 tsp. grated orange rind
Salt & pepper to taste
1 orange, peeled & sliced
4 slices mango
Seedless green grapes

Directions: Spray or wipe skillet, with oil and brown chops on both sides. Remove and set aside. Add a bit more oil spray to the skillet; add onion and cook until softened. Sprinkle with sugar. Mix together cornstarch and orange juice; stir into skillet along with stock, liqueur and orange rind. Bring to boil, stirring, add salt and pepper to taste. Return chops to skillet; reduce heat, cover and simmer about 5 minutes. Top with sliced orange, mango slices and a few grapes. Simmer for 1-2 minutes, basting occasionally with sauce.