

Fruit of the Month

Mango



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 more than 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).

Nutrition Facts

Serving Size (140g)		Servings Per Container	
Amount Per Serving			
Calories 90	Calories from Fat 5		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate 24g	8%		
Dietary Fiber 3g	12%		
Sugars 21g			
Protein 1g			
Vitamin A 110%	• Vitamin C 60%		
Calcium 2%	• Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Varieties

Today there more than 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.

Selection

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.

Storage

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.

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



Make Mangos Part of Your 5 A Day Plan



- Keep cut up mango chunks in the refrigerator to add to any fruit salad or yogurt
- Use mangos to top bagels with fat free cream cheese.
- Include mango in your favorite fruit shake or smoothie for a tropical taste.

Recipes

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

Makes 4 servings

Each serving equals one 5 A Day serving

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.

Nutritional analysis per serving: calories 94, protein 2g, fat 0g, percent calories from fat 2%, cholesterol 1mg, carbohydrates 23g, fiber 2g, sodium 27mg



Frozen Mango Yogurt

Makes 6 servings

Each serving equals one 5 A Day serving

3 Tbsp honey

2 tsp chopped fresh ginger

1 egg, separated

Pinch of salt

Pinch of cream of tartar

2 Tbsp sugar

2 cups plain non-fat yogurt

2 medium mangos

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.

Nutritional analysis per serving: calories 141, protein 5g, fat 1g, percent calories from fat 7%, cholesterol 43mg, carbohydrates 31g, fiber 1g, sodium 98mg

Red Pepper Mango Onion Sauce

Makes 6 servings

Each serving equals one 5 A Day serving

1-1/4 cups chopped onion

1 cup chopped red bell pepper

1 Tbsp olive 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

Sauté 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)

Nutritional analysis per serving: calories 88, protein 1g, fat 3g, percent calories from fat 27%, cholesterol 0mg, carbohydrates 16g, fiber 2g, sodium 4mg

Sirloin Fajitas With Mango Relish

Makes 6 servings

Each serving equals one 5 A Day serving

12 flour tortillas
2 tsp low sodium 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

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.

Nutritional analysis per serving: calories 477. protein 31g, fat 16g, percent calories from fat 30%, cholesterol 76mg, carbohydrates 53g, fiber 2g, sodium 489mg

Veal Chops A L'Orange

Makes 4 servings

Each serving equals one 5 A Day serving

Cooking spray

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



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.

Nutritional Analysis: calories 284, protein 20g, fat 7g, percent calories from fat 21 %, cholesterol 70mg, carbohydrates 38g, fiber 3g, sodium 248mg