



MANGO



NUTRITION BENEFITS

- Vitamin A: helps with seeing at night and helps the immune system
- Vitamin C: helps heal cuts and helps the immune system



STORING

Store mangos at room temperature for 1-2 days. Refrigerate peeled, cut mangos and eat within 1-2 days.



CLEANING

- Rinse mangos under cool running water before cutting.
- To cut a mango, start with a serrated knife. Slice off the fattest part of both sides of the mango. Using a paring knife, take one half of the mango and cut the fruit into squares, being careful not to cut through the skin. Push the skin side of the mango to push the squares out. Then, using the paring knife, carefully cut away from the skin. Repeat with other half.



PREPARING

Frozen

Blend sliced mangos and orange juice, freeze in ice trays and enjoy.

Parfait

Layer low-fat vanilla yogurt, whole grain cereal, raisins, and mangos in a cup for a quick breakfast or snack.

Other ideas

- Add mangos to vegetable skewers to sweeten up traditional kebobs.
- Mix chopped mango into any pancake batter for a refreshing twist to your usual pancakes.
- Make a peanut butter and mango sandwich. Toast whole wheat bread, spread with peanut butter, and add mango slices.



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