



RECIPES

Mangoes

Brighten up your kitchen with this in-season tropical fruit.

1. PROSCIUTTO-WRAPPED MANGOES

Makes a 16-piece hors d'oeuvre.

Ingredients:

- 2 mangoes, cut into 16 wedges
- 8 slices of prosciutto, ripped in half
- 16 large arugula leaves
- Freshly ground black pepper

Directions: Peel and cut mangoes around the pit into 16 wedges. Roll 1/2 slice of prosciutto around a mango wedge and leaf of arugula, leaving the ends of the mango visible. Top with pepper (and, if you have it, a drizzle of good-quality aged balsamic vinegar). *35 calories, 0 fat in each*

2. GREEN MANGO SALAD

Makes four salads.

Ingredients:

- 2 tablespoons fish sauce (such as Thai Kitchen brand)
- 1 tablespoon lime juice
- 1 tablespoon sugar
- 1 teaspoon Sriracha chili sauce
- 1 large unripe (green) mango, shredded
- 1/2 cup shredded peeled carrots
- 2 tablespoons fresh mint leaves
- 2 tablespoons fresh cilantro leaves
- 1/2 cup dry roasted, salted cashews
- 20 jumbo shrimp, peeled and deveined (tail on)

Directions: Preheat a grill or grill pan over high heat. For dressing, combine the first four ingredients. In a separate bowl, combine mango, carrots and chopped mint and cilantro. On the grill, sear shrimp 2 minutes per side. Toss the mango with dressing and cashews.

Divide between four plates, and place five shrimp on each salad. *264 calories, 10 grams fat per salad*

3. MANGO SALSA

Makes 3 cups of salsa to top grilled fish, meat or black bean soup.

Ingredients:

- 1 mango, peeled and diced
- 1/3 cup red onion, diced
- 1/3 cup chopped cilantro leaves
- 1 diced red bell pepper
- Grated zest and juice of half a lime
- 1 serrano pepper (or jalapeño pepper) seeded and minced
- 1 teaspoon sea salt
- 1 teaspoon chipotle chili powder

Directions: Combine all the ingredients in a bowl and toss. Add more salt to taste. Refrigerate in an airtight container until ready to serve. *33 calories, 0 fat per 1/2 cup*

—CAROLYNN CARREÑO