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**JUNE IS MANGO MONTH - MAKE YOUR RECIPES SCREAM SUMMER!**

*Simply Delicioso* Host Ingrid Hoffmann Shows How with a Trio of Mango Recipes

**Orlando, Fla. (05/12/2008)** – What month has the most weddings, the longest daylight hours of the year, and the most varieties of mangos on the shelves? Why June, of course! That's right, June is Mango Month and for very good reasons:

- At least six major varieties are available to U.S. consumers at retail;
- Nearly 14 percent of mangos are imported during June, the highest percentage of imports in any month of the year; and
- Mango serves as a refreshing treat during the summer and works in a variety of dishes.

To celebrate, the National Mango Board enlisted help from Ingrid Hoffmann, host of television's *Simply Delicioso*. This Latin food and entertaining expert is making the most out of Mango Month with the following three luscious mango dishes that are easy, flavorful and of course delicioso:

**Tilapia Ceviche with Mango** is a simple twist on a crowd favorite. Ingrid's spicy ceviche gets an extra pop of flavor from fresh mango. With sweet red onions, tangy orange, lemon and lime juices, tasty tilapia, and luscious mango, this is a ceviche you will be making not just all month but all year long.

**Mango, Chicken, and Avocado Salad with Poppy Seed Dressing** combines the favorite elements of refreshing summer dishes into one amazing salad. Mango shines as a bright contrast to the creamy avocado and crunchy pistachio, with a homemade poppy seed dressing marrying all the ingredients into a symphony of flavor.

**Grilled Mango with Spicy Rum Glaze and Vanilla Ice Cream** is the perfect finale to any summer meal. Sweet grilled mango gets a kick with the spicy rum glaze featuring cayenne pepper and chili powder. Creamy vanilla ice cream cools off this dish, with a

little help from toasted coconut and crunchy almonds. This dessert makes sure your taste buds go out with a bang!

Even though June must eventually come to an end, that doesn't mean the mango experience should. Available year-round, fresh, ripe mangos offer the essence of tropical flavors and turn the ordinary to extraordinary with a bright, festive taste. Plus, as an excellent source of vitamins A and C, the colorful mango adds a vibrant burst of nutrients to any meal.

Be sure to visit [www.mango.org](http://www.mango.org) for how to cut and select mangos along with more fun recipes to keep your Mango Month celebration going.

### **About National Mango Board**

The National Mango Board is a national promotion and research organization, which is supported by assessments from both domestic and imported mangos. The board was designed to drive awareness and consumption of fresh mangos in the U.S. Mangos are an excellent source of vitamins A and C, a good source of fiber and an amazing source of tropical flavor.

Mango consumption per capita has quadrupled since 1990 to an estimated 2.2 pounds per year in 2007. Mango import volume for 2007 was 661 million pounds, 3 percent more than 2006 and 15 percent more than 2005. According to Consumer Research commissioned by the National Mango Board, 35% of U.S. customers purchased mangos within the past 6 months.

Learn more at [www.mango.org](http://www.mango.org).

### **About Ingrid Hoffmann**

Growing up in her mother's kitchen, who is a Cordon Bleu chef, Ingrid discovered her passion for food and entertaining, developing dishes with a Latin twist. Hoffmann is the host of Food Network's Simply Delicioso as well as the hit series, Delicioso on the Spanish-language network, Galavision/Univision, which is currently in its fourth season. More of Hoffmann's cooking and entertaining ideas are included in her debut cookbook, SIMPLY DELICIOSO: A Collection of Everyday Recipes with a Latin Twist, which was released in February 2008.

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