



FRESH FLAVORFUL FESTIVE

Mango Recipes Fit for a Fête

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WE BELIEVE EVERY DAY IS WORTH CELEBRATING.

Whether it's a lazy breakfast in bed with the family or a Fourth of July feast with friends, it's the little things that transform those special moments into lasting impressions. Mango's unexpected pop of color and flavor turns tried-and-true recipes – both savory and sweet – into celebration-worthy delights. This collection of mango recipes from The National Mango Board and food bloggers who know delicious meals best is designed to inspire simple, taste-bud-satisfying twists your family and friends won't forget!

Thank you to the amazing food bloggers who filled the pages of this book with personal mango recipes from their kitchens!

MEET THE MAGNIFICENT MANGO

HOW TO CUT A MANGO:



Stand the mango on your cutting board stem end down and hold. Place your knife about one-quarter inch from the widest center line and cut down through the mango. Flip the mango around and repeat this cut on the other side.



Cut parallel slices into the mango flesh, being careful not to cut through the skin.



Scoop the mango slices out of the mango skin using a spoon.

PREPARATION AND STORAGE:



PREP

To find a ripe mango, just squeeze gently. A ripe mango will give slightly like a peach or avocado.

STORE

Keep unripe mangos at room temperature. Refrigerate ripe mangos for up to five days.



ENJOY IT MORE

Find the eye of the fruit and then simply slice off the sides of the fruit, avoiding the large seed in the center. Slice, dice and store in the refrigerator for easy meal time transformations.

AVAILABILITY

MOST OF THE MANGOS SOLD IN THE U.S. ARE ONE OF SIX VARIETIES:



Ataulfo



Francis



Haden



Keitt



Kent



Tommy Atkins

MOST OF THE MANGOS SOLD IN THE U.S. COME FROM...

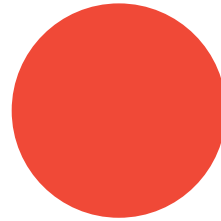


NUTRITIONALS

MANGOS ARE A SUPERFRUIT WITH MORE THAN 20 DIFFERENT VITAMINS AND MINERALS.

Mangos are fat free, cholesterol free and a good source of dietary fiber.

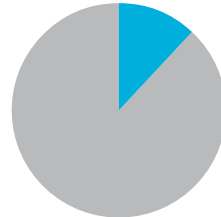
Nutrition Facts			
Serving Size: 1 cup, sliced (165g)			
Serving Per Container			
Amount Per Serving			
Calories: 100 Calories from Fat: 5			
% Daily Value*			
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		0%
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	25g		8%
Dietary Fiber	3g		12%
Sugars	23g		
Protein	1g		
Vitamin A 35% • Vitamin C 100%			
Calcium 2% • Iron 2%			
Vitamin B6 10% • Copper 10%			
Folate 20% • Vitamin K 8%			
Potassium 8%			
*Percent 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			



100%
of your daily
vitamin C



35%
of your daily
vitamin A



12%
of your
daily fiber



MANGO
provides essential
nutrients by nature



BREAKFAST

Mango Transformations of Morning Classics



FUN FACT:

Mangos are always in season; they're available all year long!



TROPICAL MANGO DOUGHNUT MUFFINS

Makes 6 servings

Prep time: 20 minutes

Cooking time: 20 minutes

INGREDIENTS:

3 cups all-purpose flour

2 ½ teaspoons baking powder

¾ teaspoon salt

½ teaspoon nutmeg

¼ teaspoon baking soda

¾ cup half and half

2 tablespoons reduced-fat buttermilk

10 tablespoons unsalted butter,
room temperature

¾ cup granulated sugar

2 large eggs

1 mango, peeled, pitted, small dice

1 cup confectioner's sugar

3 tablespoons milk

DIRECTIONS:

Preheat oven to 375 degrees. Spray muffin tin with non-stick spray. Mix together flour, baking powder, salt, nutmeg and baking soda. Set aside. In a small bowl, whisk together half and half and buttermilk. Set aside. Beat butter and sugar on medium-high speed until light in color and fluffy, about 3 minutes. Beat in both eggs one at a time. Add dry ingredients alternately with the half and half/buttermilk mixture. Add diced mango and gently fold in to blend. Fill the prepared muffin pan wells. Bake until muffins are lightly golden and firm to the touch, about 15 to 20 minutes. Let cool in the pan for 5 minutes. Transfer the muffins to a wire rack set over a baking sheet. Prepare a glaze using 1 cup confectioner's sugar and 2-3 tablespoons milk, adding a little at a time to get the consistency you want. Pour over top of partially cooled muffins or dip the whole muffin, then let set.

Contributed by The National Mango Board



MANGO YOGURT AND GRANOLA BOWL

Makes 1 serving

Prep time: 10 minutes

INGREDIENTS:

1 large mango

½ cup low-fat vanilla yogurt

1 teaspoon honey

1 teaspoon cinnamon, ground

2 tablespoons low-fat granola (without fruit)

DIRECTIONS:

Slice off the sides of the mango, avoiding the large seed in the middle. Cut a checkerboard pattern in the mango flesh, stopping just short of the skin. Scoop out diced mango and place in a bowl. In a small bowl, combine yogurt, honey and cinnamon. Add diced mango to yogurt mixture. Spoon equal parts into each half. Sprinkle with granola.

Contributed by The National Mango Board



MANGO, SAUSAGE AND POTATO BREAKFAST BURRITOS

Makes 4 servings

Prep time: 10 minutes

Cooking time: 20 minutes

INGREDIENTS:

9 ounces (about 5) small red potatoes, washed and diced

2 teaspoons olive oil

8 ounces spicy sausage, casings removed

1 (1 pound) large mango, peeled, pitted and diced

6 tablespoons (about 2 ounces) shredded Monterey Jack cheese

1 tablespoon chopped cilantro

4 small whole-wheat tortillas

DIRECTIONS:

In medium microwave-safe bowl, toss diced potatoes with oil and cover tightly with plastic wrap. Microwave until cooked through, about 5 minutes. Drain potatoes, set aside.

In medium, non-stick skillet, cook sausage until no longer pink and internal temperature reaches 170 degrees, about 10 minutes. Remove from pan with slotted spoon; drain and cool on paper towel-lined plate. Heat same skillet over medium heat and add potatoes. Cook until golden brown, about 5 minutes. Transfer hot potatoes to large bowl and mix with cooked sausage, mango, cheese and cilantro. Divide sausage and potato mixture among tortillas.

Contributed by The National Mango Board



MANGO ALMOND CREPES

Makes 4 servings

Prep time: 15 minutes

Cooking time: 15 minutes

INGREDIENTS:

- 2 tablespoons butter
- ½ cup brown sugar
- ½ teaspoon almond extract
- 2 tablespoons heavy cream
- 2 medium mangos, peeled, pitted and sliced
- ½ cup lowfat ricotta cheese
- 3 tablespoons honey
- ¼ teaspoon cinnamon
- 8 prepared crepes
- 2 tablespoons butter

DIRECTIONS:

To prepare sauce, melt butter in a medium saucepan. Add brown sugar and extract; cook and stir until dissolved. Cook over low heat for 5 minutes then remove from heat. Stir in cream and cook for 1 minute more; stir in mango and set aside. To prepare crepes, stir together ricotta cheese, honey and cinnamon in a medium bowl. Spread about 2 heaping tablespoonfuls onto half of each crepe. Fold in half then in half again. Melt butter in a large skillet. Add crepes and cook over medium heat for a few minutes on each side to lightly brown and warm. Transfer to serving plates and top with mango sauce.

Contributed by The National Mango Board



MANGO MOUSSE BREAKFAST PARFAIT

Makes 6 servings

Prep time: 20 minutes

Cooking time: 45 minutes

INGREDIENTS:

Granola

2 cups old fashioned oats

1 cup sliced almonds

½ cup coconut chips

2 tablespoons quinoa, uncooked

¾ teaspoon salt

½ teaspoon ground ginger

½ teaspoon ground cinnamon

¼ cup coconut oil, melted

¼ cup maple syrup

Mango mousse

2 cups mango purée (flesh of about 2 ripe mangos)

14-ounce coconut cream (chilled overnight)

1 tablespoon maple syrup (optional)

DIRECTIONS:

Preheat oven to 300 degrees and line cookie sheet with parchment paper. In a large bowl, mix all of the ingredients for the granola, except for the oil and syrup. Add the oil and syrup and stir until all of the ingredients are coated. Spread granola on the parchment lined cookie sheet and bake for 45 minutes. Let cool completely before adding to mango mousse. While granola is cooling, purée mango flesh in a blender until smooth. Add entire 14-ounce can of coconut cream to a stand mixer and whip on medium speed until fluffed. Add mango purée to whipped coconut cream and mix together on low speed. Add maple syrup and mix together on low speed. Refrigerate until cool. When mango mousse and granola are both chilled, alternate layers of mousse and granola in a parfait dish until full.

Contributed by Kristin Vrana from Food Fash



MANGO RASPBERRY JAM

Makes 3 ½ pints

Prep time: 15 minutes

INGREDIENTS:

⅔ cup granulated sugar

2 tablespoons real fruit instant pectin

1 mango, peeled, pitted and finely diced

⅔ cup crushed raspberries

½ teaspoon lemon zest

DIRECTIONS:

Stir sugar and instant pectin in a bowl until blended. Add diced mango, crushed raspberries and lemon zest to sugar and stir for 3 minutes. Ladle jam into clean glass jars, leaving ½ inch headspace to allow for the jam expanding in the freezer. Place lid and band on jars and tighten just finger tight. Let stand at room temperature until thickened, about an hour, and then refrigerate up to one month or freeze up to one year.

Contributed by Kelley Epstein from Mountain Mama Cooks



OVERNIGHT OATMEAL WITH MANGO AND COCONUT MILK

Makes 8 servings
Prep time: 15 minutes
Cooking time: 6-7 hours

INGREDIENTS:

Nonstick cooking spray
2 cups steel cut oats
1 (13.5-ounce) can full fat coconut milk
7 cups water
2 mangos, peeled, pitted and finely diced
(reserve a small portion for garnish)
¼ cup brown sugar
1 teaspoon vanilla
½ teaspoon salt
½ cup walnuts, optional

DIRECTIONS:

Use nonstick cooking spray or coconut oil to grease the crock of a slow cooker. Place all ingredients inside, except walnuts. Place the lid on the slow cooker and cook on low for 6-7 hours or until smooth and creamy. Do not remove the lid during cooking time. Once oats reach desired consistency, reduce temperature to warm. Stir oatmeal very well prior to serving. Serve topped with walnuts, if desired, and additional diced mango.

Contributed by Kathryn Hutchison from Austin Gastronomist



GREEK YOGURT WITH MANGO AND TURKISH HAZELNUTS

Makes 2 servings

Prep time: 5 minutes

INGREDIENTS:

1 cup Greek yogurt

1 mango, peeled pitted and diced into small cubes

$\frac{1}{3}$ cup Turkish Hazelnuts

4 tablespoons maple syrup

DIRECTIONS:

Place $\frac{1}{2}$ cup of yogurt into two small dishes. Drizzle 2 tablespoons of maple syrup over yogurt. Sprinkle with mango and hazelnuts and serve.

Contributed by Sandy Coughlin from Reluctant Entertainer



MANGO-ALMOND BREAKFAST CEREAL

Makes 3-4 servings

Prep time: 10 minutes

Cooking time: 3 ½ hours

INGREDIENTS:

- 1 mango, peeled, pitted and diced
- ¼ cup almond butter
- ¼ cup sliced almonds
- ¼ cup walnuts
- ¼ cup coconut flakes
- ¼ cup flax meal
- ¼ cup vanilla 100% whey protein powder
- 2 tablespoons coconut oil
- 2 tablespoons honey

DIRECTIONS:

Preheat oven to 250 degrees. Combine all ingredients in a food processor and pulse just until blended. Spread onto a parchment lined baking sheet; bake at 250 degrees for 3 ½ hours, or until dry. To ensure even cooking, break mixture up throughout cooking process and stir.

Contributed by Regan Jones from Regan Miller Jones, Inc.



MANGO COMPOTE PECAN PANCAKES

Makes 6 servings

Prep time: 30 minutes

Cooking time: 20 minutes

INGREDIENTS:

Compote

2 mangos, peeled, pitted and diced

1 tablespoon sugar

1 cup water

2 tablespoons cornstarch

Pancakes

1 cup flour

2 tablespoons sugar

2 teaspoons baking powder

¼ teaspoon salt

1 cup milk

1 large egg

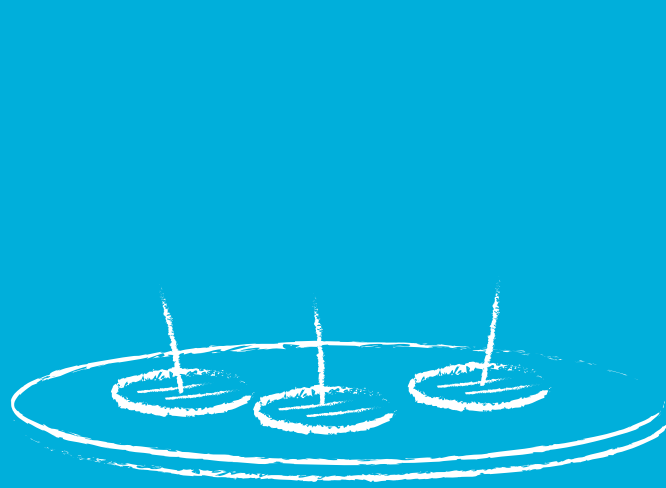
2 tablespoons butter, melted

½ cup pecans, chopped

DIRECTIONS:

Place diced mango in a saucepan, top with sugar, water and cornstarch. Mix ingredients thoroughly and place it on medium high heat for 7-10 minutes, stirring occasionally. Mixture is done when very thick. Heat a griddle to 350 degrees. In a medium bowl, whisk together the flour, sugar, baking powder and salt. Whisk in the milk and egg. While whisking, drizzle the melted butter into the batter and mix until butter is completely incorporated. Be careful not to over mix; some lumps are okay. Place ¼ cup pancake batter on top of the griddle to form each pancake. Sprinkle each pancake with chopped pecans. Once bubbles form, flip pancakes with a spatula. Continue until all of the batter is gone. Top pancakes with prepared mango compote and serve with remaining pecans.

Contributed by Samantha Seeley from Sweet Remedy



APPETIZERS

Satisfying Small Bites with a Mango Twist



MANGO CAPRESE SALAD

Prep time: 15 minutes

INGREDIENTS:

3 large, ripe mangos, peeled, pitted and sliced
8 ounces fresh mozzarella cheese sliced
3 tablespoons freshly squeezed lemon juice
3 tablespoons extra virgin olive oil
Sea salt and freshly ground pepper to taste
Snipped fresh basil
Crusty toasted baguette slices

DIRECTIONS:

Place sliced mango on a platter, alternating with slices of mozzarella. Drizzle with lemon juice and oil and season with salt and pepper. Sprinkle with basil and serve with baguette slices.

Contributed by The National Mango Board



GOAT CHEESE, BACON AND MANGO CROSTINI

Makes 12 servings

Prep time: 50-60 minutes

Cooking time: 45 minutes

INGREDIENTS:

- 1 baguette, sliced crosswise into ½-inch pieces
- 1 tablespoon extra virgin olive oil
- Salt
- 1 pound bacon, chopped
- 1 cup balsamic vinegar
- 3 tablespoons sugar
- 8 ounces goat cheese, softened
- 2 large mangos (about 2 pounds), peeled, pitted and diced
- 3 green onions, sliced thin (about ⅓ cup)

DIRECTIONS:

Preheat oven to 400 degrees. Place sliced baguette on large rimmed baking sheet and drizzle with olive oil. Sprinkle with salt and bake, until golden brown and crisp, about 10 minutes, flipping halfway through baking. Set aside. Meanwhile, cook bacon in a large non-stick skillet over medium heat until fat is rendered and bacon is crisp, 12 to 15 minutes. Using slotted spoon, remove from pan and drain on paper towel lined plate. In small, non-reactive saucepan, simmer 1 cup of balsamic vinegar and 3 tablespoons sugar over medium heat until reduced by half and balsamic is thick and syrupy, 15 to 20 minutes. Set aside to cool. To assemble, spread toasted bread with 1½ teaspoons goat cheese, top with diced mango, sprinkle with cooked bacon, and drizzle with cooled balsamic syrup. Top with sliced green onions. *Note: Balsamic syrup can be stored at room temperature for up to one week.*

Contributed by The National Mango Board



SPINACH SALAD WITH MANGO VINAIGRETTE

Makes 4 servings

Prep time: 15 minutes

INGREDIENTS:

- 1 (10-ounce) bag baby spinach
- 1 ½ ripe mangos, peeled, pitted and cubed
- 1 medium tomato, cored, seeded and finely chopped
- ⅓ cup walnuts, toasted and chopped
- ⅓ cup green onions, sliced
- ⅓ cup crumbled blue cheese freshly ground pepper to taste
- Mango Vinaigrette*
- ½ mango, peeled, pitted and puréed
- 3 tablespoons extra virgin olive oil
- 3 tablespoons white balsamic vinegar
- ¼ teaspoon salt

DIRECTIONS:

Place spinach, mango, tomato walnuts and green onions in a large bowl. Drizzle with Mango Vinaigrette and toss well to coat. Add blue cheese and toss again very lightly. Serve immediately with freshly ground pepper. Combine mango, extra virgin olive oil, white balsamic vinegar and salt in a blender container or small food processor; blend until smooth.

Contributed by The National Mango Board



ENDIVE BOATS WITH FRESH MANGO CHICKEN SALAD

Makes 6 servings

Prep time: 30 minutes

INGREDIENTS:

- ½ cup sour cream
- ¼ cup olive oil mayonnaise
- 2 tablespoons fresh lemon juice
- 1 tablespoon Italian parsley, fresh chopped
- 1 teaspoon tarragon, fresh chopped (optional)
- Kosher salt and black pepper to taste
- 1 large mango, peeled, pitted, thinly sliced, divided
- 1 rotisserie chicken, shredded
- 3 celery stalks, thinly sliced
- 4 green onions, thinly sliced
- 3 large fresh Belgian endives, leaves separated
- ¼ cup raw macadamia nuts, chopped and toasted

DIRECTIONS:

In a medium size bowl, combine sour cream, mayonnaise, lemon juice, parsley, tarragon, salt and pepper; set aside. In a large bowl, combine mango (reserving some for garnish), chicken, celery and green onion. (Reserve 1 tablespoon green onion for garnish.) Pour dressing over mixture and toss to coat. Fill endive leaves and garnish with reserved mango, green onion and toasted nuts.

Contributed by The National Mango Board



MANGO-LOBSTER QUESADILLA BITES

Makes 4 servings

Prep time: 30 minutes

Cooking time: 5 minutes

INGREDIENTS:

- ½ red bell pepper, roasted, peeled and chopped
- ½ poblano pepper, roasted, peeled and chopped
- ¼ cup yellow onion, chopped
- 2 ounces grated Monterey Jack cheese
- 2 ounces fresh goat cheese
- 1 teaspoon chopped cilantro
- ½ lime
- Salt to taste
- 1 mango, peeled, pitted and diced
- 2 small cooked lobster tails, chopped
- 4 flour tortillas

INGREDIENTS, CONTINUED:

Avocado Crema

- 1 avocado
- ½ lemon, juiced
- ½ cup sour cream

DIRECTIONS:

Combine peppers, onion, cheeses, cilantro, lime juice and salt in a bowl. Fold in mango and lobster. Divide the mixture among the flour tortillas and fold each in half. Cook in nonstick pan over medium-high heat until brown on both sides, 2-3 minutes. To make the avocado crema, mash avocado and whisk with lemon juice and sour cream until very smooth. Cut the quesadillas into triangles and serve with the avocado crema.

Contributed by Laura McCarley from Way Out West Austin



SAVORY MANGO WONTONS

Makes 16-28 wontons

Prep time: 15 minutes

Cooking time: 10 minutes

INGREDIENTS:

4 ounces light cream cheese, softened

4 green onions, diced

1 clove garlic, minced

1/8 teaspoon ground ginger

Pinch of salt

1 medium to large mango, peeled, pitted and finely diced

Canola oil

Wonton wrappers

Water

DIRECTIONS:

In a bowl, mix cream cheese, onions, garlic, ginger, and salt. Gently fold in the mango pieces until thoroughly combined. Fill a heavy saucepan or pot with cooking oil to a depth of 2-3 inches. For safety, there should be 3-4 inches of pan above the oil, to prevent splashing or spattering. Place the pot of oil on the stove, turning the heat to medium. While the oil is heating, fill the wonton wrappers with a tablespoon of the cream cheese mixture. Dip your finger into a small bowl of water, and gently trace around two edges of the wrapper with your wet finger. Fold over the opposite two sides of the wrapper to meet the wet edges, and gently press to seal. This will cover the filling and create a small triangular pouch. To check if the oil is hot enough, drop a single unfilled wonton wrapper into the pot of oil. If the oil is hot enough, the wrapper should quickly bubble, rise to the surface, and begin to turn golden brown. Once the oil has reached this stage, you can begin cooking the wontons. Drop several wontons into the oil at a time, using tongs or chopsticks to turn them over as the edges brown so that they will cook evenly on both sides. (Please note, there should be enough oil in the cooking pot so that the wontons will float.) After the wontons turn golden brown, drop them onto a plate lined with paper towels to drain for a few moments. If desired, drizzle the wontons with your favorite Asian dipping sauce and garnish with a few additional mango pieces.

Contributed by Ruth Harding from A House in Holland



SWEET AND SPICY MANGO, HABAÑERO, STRAWBERRY, AVOCADO SALSA

Makes 6 servings

Prep time: 15 minutes

INGREDIENTS:

2 ripe, medium mangos, peeled, pitted and diced

1 large, or 2 small ripe, avocados, cut, pitted, peeled and diced

1 habañero pepper, seeded and diced

1 cup strawberries, diced

1/8 teaspoon kosher salt

2 tablespoons lime juice (2 limes)

1 tablespoon lime zest

DIRECTIONS:

Combine all ingredients in a bowl, tossing to coat with the lime juice and zest. Serve with tortilla chips, sugar and cinnamon chips or use as a topping for your favorite fish or tacos.

Contributed by Rachel Matthews from A Southern Fairy Tale



MANGO, JICAMA AND AVOCADO SALAD

Makes 6 servings

Prep time: 20 minutes

INGREDIENTS:

2 mangos, peeled, pitted and diced

1 large jicama, diced

1 large avocado, diced

5 radishes, thinly sliced

½ bunch cilantro, finely chopped

2 limes

1 lemon

1 teaspoon apple cider vinegar

Salt

DIRECTIONS:

Gently combine the first five ingredients in a mixing bowl. Whisk the juice from 2 limes and 1 lemon with the apple cider vinegar. Gently combine dressing with the mango, jicama and avocado mixture and sprinkle with salt to taste. Let sit for 10 minutes and serve as a salad or with chips as a salsa.

Contributed by Kristin Hong from The Fresh Find



MANGO GAZPACHO WITH LEMONGRASS CHILI SHRIMP

Makes 8 servings

Prep time: 20 minutes

Cooking time: 5 minutes

INGREDIENTS:

Gazpacho

5 small ripe mangos, peeled, pitted and diced

1 Granny Smith apple, peeled and chopped

1 seedless cucumber, peeled and chopped

1 ½ cups sweet onion, diced

1 Serrano pepper, seeded and minced

2 teaspoons chopped fresh ginger

2 medium garlic cloves, minced

1 cup orange juice

¼ cup fresh lime juice

2 ½ cups rice milk, unsweetened, original flavor

¼ teaspoon ground cumin

¾ teaspoon kosher salt

INGREDIENTS, CONTINUED:

1 tablespoon olive oil

1 tablespoon honey

2 tablespoons creamy peanut butter

Fresh cilantro

Grilled Shrimp

2 tablespoons olive oil

1 Serrano pepper, seeded and minced

1 teaspoon ground cumin

2 teaspoons puréed lemongrass (chop before puréeing)

Pinch of salt

1 lb jumbo shrimp (roughly 12) shelled and deveined

DIRECTIONS:

For the gazpacho, purée all ingredients except cilantro in a blender. Chill at least two hours. Whisk together all ingredients for the grilled shrimp and brush onto shrimp until well coated. Arrange shrimp on a large skillet over medium-high heat and cook, turning once, about 3-4 minutes until cooked through. Remove from skillet and set aside. To serve, ladle the chilled gazpacho into four bowls. Top with fresh cilantro & grilled shrimp. A small scoop of diced mango mixed with ginger and chili can also be added with the shrimp and cilantro for garnish.

Contributed by Garrett Weber-Gale from Food and Water



MAIN COURSES

Mango Infused Entrées for Every Occasion



MANGO TURKEY SLIDERS

Makes 10 servings

Prep time: 30 minutes

Cooking time: 15 minutes

INGREDIENTS:

2 mangos (about 2 pounds), peeled and pitted

1 tablespoon olive oil

1½ pounds 95% lean ground turkey

½ cup panko breadcrumbs

2 green onions, white and light green parts chopped

2 cloves garlic, minced

2 teaspoons chopped fresh thyme

1 teaspoon Dijon mustard

Salt and pepper

10 whole-wheat burger “slider” buns

½ red onion, thinly sliced

½ head butter lettuce, washed and torn into large pieces

DIRECTIONS:

Dice 1 mango. In a blender or food processor, purée it with olive oil until smooth. In a large bowl, combine puréed mango, ground turkey, breadcrumbs, green onions, garlic, thyme, and mustard. Season with salt and pepper. Preheat outdoor grill or indoor grill pan over medium-high heat. Clean and oil grill grates. Form turkey mix into 10 small patties. Cook until internal temperature reaches 160 degrees, about 15 minutes total, flipping halfway through cooking. Remove from grill and place on clean platter, tent with foil and set aside. Peel remaining mango with vegetable peeler. Cut a small section off the bottom of the remaining mango so it sits on cutting board. Slice mango from the cheek in, creating small disks. Place turkey burgers on whole-wheat buns and top with sliced mango, red onion and butter lettuce.

Contributed by The National Mango Board



ALMOND CRUSTED PORK WITH MANGO RELISH

Makes 6 servings

Prep time: 30 minutes

Cooking time: 30 minutes

INGREDIENTS:

2 large, ripe mangos, peeled, pitted and diced

¼ cup minced red onion

¼ cup minced red bell pepper

1 teaspoon chopped fresh mint

¾ cup chopped, toasted almonds, divided

2 tablespoons brown sugar

1 teaspoon ground cumin

1 teaspoon ground coriander

1 tablespoon red wine vinegar

¼ teaspoon cinnamon

1 ½ tablespoons extra virgin olive oil

2 pounds pork tenderloin

Sea Salt and freshly ground pepper to taste

DIRECTIONS:

For the relish, stir together mangos, onion, bell pepper, vinegar, mint and salt and pepper in a medium bowl; cover and refrigerate until ready to serve. To prepare pork on grill, finely chop ½ cup almonds and stir in brown sugar and seasonings. Brush pork with oil then season with salt and pepper; roll in almond mixture, pressing into the surface. Transfer to a piece of heavy-duty foil and press any remaining nuts onto the top. Grill over medium heat, turning occasionally to brown each side, for 35 to 40 minutes or until the internal temperature reads 160 degrees on a meat thermometer. Let stand for 5 minutes before slicing. To prepare pork in oven, adjust oven rack to middle position and heat oven to 450 degrees. For the pork, finely chop ½ cup almonds. Stir in brown sugar, cumin, coriander and cinnamon, transfer almond mixture to baking sheet. Brush pork with 1 ½ tablespoons oil then season with salt and pepper; roll in almond mixture, pressing into the surface. Lightly spray pork with olive oil spray. Cook pork on foil-lined baking sheet until exterior is golden brown and meat reaches 160 degrees, 35 to 40 minutes, turning pork halfway through cooking. Let stand for 5 minutes before slicing. To assemble, top sliced pork with mango relish and toasted almonds. Serving tips: Place pork on bed of arugula lightly dressed with olive oil, vinegar and salt and pepper to taste.

Contributed by The National Mango Board



BAJA FISH TACOS WITH MANGO SALSA

Makes 4 servings

Prep time: 20 minutes

Cooking time: 15-20 minutes

INGREDIENTS:

Mango Salsa

2 large ripe mangos, peeled, pitted and chopped

¼ cup minced red bell pepper

1 tablespoon lime juice

1 tablespoon chopped fresh cilantro

2 green onions, sliced (green tops only)

1 small jalapeño pepper, stem, seeds and membrane removed

Tacos

1 pound cod fillets, rinsed and patted dry

1 teaspoon chili powder

½ teaspoon ground cumin

INGREDIENTS, CONTINUED:

½ teaspoon Mexican oregano

½ teaspoon garlic salt

8 corn tortillas, warmed

2 cups shredded green or red cabbage

½ cup crumbled cotija or Monterey Jack cheese

DIRECTIONS:

Preheat oven to 425 degrees. Stir together mango, bell pepper, lime juice, cilantro, onions and jalapeño in a medium bowl; set aside. Place cod on 2 large sheets of parchment paper. Stir together dry seasonings in a small bowl and sprinkle over cod. Bring edges of parchment paper together and fold twice. Fold ends under to enclose fish. Place packets on a baking sheet and bake for 15 to 18 minutes. Open packets carefully to let steam escape. Place equal amounts of cod in each tortilla and top with cabbage, cheese and mango salsa.

Contributed by The National Mango Board



GRILLED BRATWURST WITH MANGO RELISH

Makes about 1 cup relish
(enough for four bratwurst)
Prep time: 5 minutes

INGREDIENTS:

2 mangos (about 2 pounds), peeled, pitted and diced
2 teaspoons coarse grain mustard
½ teaspoon sugar
½ teaspoon chopped fresh thyme
¼ teaspoon salt
¼ teaspoon pepper
1 package store-bought bratwurst (uncooked)
1 package store-bought hot dog buns

DIRECTIONS:

Combine mangos, mustard, sugar and thyme in a medium bowl. Mix well. Season with salt and pepper to taste, set aside. Preheat outdoor grill or indoor grill pan over medium-high heat. Place four bratwurst on hot grill, cover and cook for 15 to 20 minutes; turning often until internal temperature reaches 160 degrees. To serve, place cooked bratwurst in hot dog bun and top with mango relish.

Contributed by The National Mango Board



MANGO CHIPOTLE CHICKEN

Makes 4 servings

Prep time: 15 minutes

Cooking time: 1 hour 10 minutes

INGREDIENTS:

2 tablespoons packed brown sugar, divided

$\frac{3}{4}$ teaspoon salt, divided

$\frac{1}{2}$ teaspoon garlic powder

$\frac{1}{2}$ teaspoon coarse black pepper

8 skinless bone-in chicken pieces, such as thighs and drumsticks (about 3 lbs.)

1 mango, peeled, pitted and diced

1 chipotle pepper in adobo sauce

1 clove of garlic

2 tablespoons lime juice

$\frac{1}{2}$ cup ketchup

1 tablespoon melted butter

DIRECTIONS:

Preheat oven to 300 degrees. In a small bowl, combine 1 tablespoon of the brown sugar, $\frac{1}{2}$ teaspoon of the salt, garlic powder and black pepper. Rub this mixture all over the chicken pieces. Arrange in a single layer on a large rimmed baking sheet. Bake until cooked through, about 1 hour. Meanwhile, put the mango, chipotle pepper, garlic, lime juice, ketchup, melted butter, 1 tablespoon of brown sugar and $\frac{1}{4}$ teaspoon of salt in a food processor. Purée until smooth. Cover and refrigerate until needed. Brush the chicken on all sides with the mango sauce. Heat over direct medium-high heat on the grill, turning occasionally until heated through, 7-10 minutes. Alternatively, arrange sauced chicken on a baking sheet and heat in a 450 degree oven until heated through, 12-15 minutes.

Contributed by Christine Pittman from Cook the Story



SMOKY PAN-SEARED SCALLOPS WITH MANGO, AVOCADO AND BLACK BEAN SALSA

Makes 8 servings

Prep time: 10 minutes

Cooking time: 4 minutes

INGREDIENTS:

Salsa

½ cup olive oil

¼ cup rice wine vinegar

Juice of 1 lime

1 teaspoon cumin

1 teaspoon minced fresh garlic

1 (12-ounce) can black beans, drained and rinsed

2 ripe mangos, peeled, pitted and diced

½ cup diced red bell pepper

1 ripe avocado, diced

½ cup diced red onion

1 teaspoon chopped fresh chives

INGREDIENTS, CONTINUED:

1 teaspoon chopped fresh cilantro

Salt and pepper

Scallops

32 scallops

2 teaspoons bay seasoning

Pinch or two of chipotle powder

Arugula for presentation

DIRECTIONS:

In a large bowl, whisk olive oil, rice wine vinegar, lime juice, cumin and garlic to make dressing. Add all remaining salsa ingredients to the bowl and toss gently to coat. Clean scallops and detach side muscle, if necessary. Spray medium skillet with non-stick cooking spray and heat the skillet over high heat until very hot. Sprinkle scallops evenly with bay seasoning and chipotle powder. Cook scallops 3-4 minutes on one side until evenly browned. Turn off heat, flip scallops over and cover. Allow scallops to rest 3-4 minutes. Be sure not to overcook. Serve on a bed of arugula, topped with mango, avocado and black bean salsa.

Contributed by Lisa Mays from Wine with Lisa



MANGO BEEF FAJITAS

Makes 6-8 servings
Prep time: 4 hours
Cooking time: 10 minutes

INGREDIENTS:

Mango Marinade:

- 1 large ripe mango, peeled, pitted and diced
- ½ cup water
- 2 tablespoons lime juice
- 1 tablespoon Worcestershire sauce
- 1 teaspoon cumin seed
- 1 large clove garlic
- ½ teaspoon salt

Grill Prep:

- 2 pounds beef skirt steak, trimmed
- 2-3 bell peppers or poblano peppers
- 1 large yellow onion
- 8 corn or flour tortillas

Mango Salsa:

- 1 large ripe mango, peeled and diced
- ½ cup chopped cilantro

INGREDIENTS, CONTINUED:

- 1 jalapeño, seeded and minced
- 2 green onions, thinly sliced
- 1 tablespoon lime juice
- ¼ teaspoon salt

DIRECTIONS:

Combine all marinade ingredients in a blender and purée. Pour over steak to cover. Refrigerate 4-8 hours. Meanwhile, seed and cut bell or poblano peppers into long, thin strips. Remove paper from onion and cut into quarters lengthwise, leaving root end intact. Make mango salsa by combining salsa ingredients in a medium bowl. Refrigerate until ready to serve. Remove steak from refrigerator one hour before you're ready to cook. Heat a grill or grill-pan over high heat until smoking hot. Lightly oil the grill. Drain excess marinade from steak and grill 3-5 minutes on each side or until done to your liking. Roast peppers and onions on the grill pan or wrapped in a foil pouch if using an outdoor grill. Move the meat and vegetables to a cutting board, cover with foil and let rest for 5-10 minutes. Cut steak into thin strips against the grain. Serve in tortillas with mango salsa and top with additional preferred toppings.

Contributed by Hilah Johnson from Hilah Cooking



THAI RED CURRY WITH SHRIMP AND MANGO

Makes 4 servings

Prep time: 20 minutes

Cooking time: 20 minutes

INGREDIENTS:

- 1 14 fluid oz. can coconut milk
- 2 tablespoons red curry paste
- 1 cup low-sodium vegetable stock
- 1 large sweet potato, diced into ½ inch cubes
- 8 ounces raw shrimp, peeled and deveined
- 2 mangos, peeled, pitted and diced
- 1 teaspoon fish sauce
- 1 teaspoon palm sugar (or brown sugar)
- 1 cup Thai basil leaves
- 3 kaffir lime leaves, bruised
- 1 cup jasmine rice, prepared according to package directions

DIRECTIONS:

Scoop the cream off the top of the can of coconut milk (about halfway down), and add it to a large fry pan. Bring to a boil over medium heat. Stir in curry paste and turn heat down to low. Simmer, without stirring, until fragrant and coconut cream starts to release oil, about 3-5 minutes. Add the rest of coconut milk and vegetable stock and bring to a boil. Reduce heat and add sweet potato cubes. Cook until tender, about 15 minutes. Add shrimp and mango and cook until shrimp turns opaque in the center, about 3 minutes. Stir often. Season with fish sauce and sugar. Add Thai basil and kaffir lime leaves, and remove from heat. Allow to sit for at least an hour before serving, as the curry becomes thicker and more flavorful with time. Serve with jasmine rice.

Contributed by Min Kwon from MJ and Hungryman



COCONUT MANGO JERK CHICKEN

Makes 4 servings

Prep time: 30 minutes

Cooking time: 1 hour 15 minutes

INGREDIENTS:

Chicken

2-3 tablespoons coconut oil

1 teaspoon cumin

1 teaspoon cayenne pepper

1 teaspoon salt

1 teaspoon all spice

1 teaspoon paprika

4 lb whole chicken

1 lime, sliced

2 large garlic cloves, peeled

¼ cup large red onion, sliced

INGREDIENTS, CONTINUED:

Mango Salsa

2 ripe mangos, peeled, pitted and diced

¼ cup red onion, diced

1 garlic clove, minced

½ cup chopped fresh cilantro

Juice of 1 lime

1 teaspoon kosher salt

DIRECTIONS:

Preheat oven to 350 degrees. Combine coconut oil with spices in a bowl. Remove innards from chicken. Smear coconut spice mixture under skin of chicken and all over the outside of the chicken. Place 1 sliced lime, 2 garlic cloves and ¼ cup sliced red onion inside chicken. Bake at 350 degrees for 1 hour and 15 minutes or until chicken is cooked through. Combine diced mango, red onion, minced garlic and cilantro with juice of 1 lime and salt. Stir and let sit to allow flavors to combine. Serve mango salsa alongside the cooked chicken.

Contributed by Natalie Paramore from Food Fetish



SPAGHETTI WITH BACON, BROCCOLI AND BROWN BUTTER MANGO

Makes 6 servings

Prep time: 10 minutes

Cooking time: 20 minutes

INGREDIENTS:

1 cup (2 sticks) unsalted butter
2 large mangos, peeled, pitted and diced
1 tablespoon brown sugar
¼ cup grated Parmesan cheese
¼ teaspoon salt
8 ounces dry spaghetti
12 slices bacon, chopped
1 head broccoli, washed, dried and chopped into small florets
¼ cup water
Salt & pepper, to taste

DIRECTIONS:

Melt the butter in a large non-stick skillet over medium heat. Continue cooking, without stirring, for 6-7 more minutes, until the butter is lightly browned and gives off a nutty aroma; set aside. Place the mangos, brown sugar, Parmesan cheese and salt in a blender. Process until smooth. While the blender is on, slowly pour in the brown butter through the feed opening in the lid. Continue to process until all ingredients are blended. Set aside. In a large pan, cook the pasta according to the package directions. Meanwhile, wipe out the nonstick skillet and cook the bacon over medium heat until crispy, about 8-10 minutes. Remove the bacon with a slotted spoon and drain on a paper towel-lined plate. Discard bacon fat, reserving about 3 tablespoons in the skillet. Add the broccoli and water to the skillet. Cover and steam for 5-6 minutes. Drain the pasta and toss into the skillet with the broccoli. Pour in the brown butter mango sauce and toss to coat. Sprinkle with the cooked bacon pieces. Season with salt and pepper. Serve immediately.

Contributed by Nikki Gladd from Seeded at the Table



GRILLED SALMON TACOS WITH MANGO AVOCADO SALSA

Makes 4 servings

Prep time: 5 minutes

Cooking time: 5 minutes

INGREDIENTS:

Mango Avocado Salsa

1 large ripe mango, peeled, pitted and diced

1 ripe avocado, diced

¼ cup red onion, minced

1 lime, juiced

2 tablespoons olive oil

Salmon Tacos

1 pound salmon fillet, skin and bones removed

2 tablespoons olive oil

¼ teaspoon garlic salt

⅛ teaspoon ground cayenne pepper

8 soft corn tortillas

1 lime, cut into wedges

3 tablespoons fresh cilantro, chopped

DIRECTIONS:

Combine mango, avocado, red onion, lime juice, and 2 tablespoons of olive oil in a bowl. Stir gently to mix, cover and refrigerate. Season salmon fillet with olive oil, garlic salt and cayenne pepper. Grill salmon until just cooked through, about 3-5 minutes per side. Remove from grill and cover with aluminum foil to keep warm. Wrap corn tortillas in another piece of foil and warm on grill or in the oven, about 5-7 minutes. To serve, place salmon and the avocado and mango salsa onto two warm tortillas. Garnish with a lime wedge and cilantro.

Contributed by Jane Ko from A Taste of Koko



SIDE DISHES

Mango Inspired Fixings Fit for a Feast



FUN FACT:

Mangos were first grown in India over 5,000 years ago.



BRUSSELS SPROUTS WITH MANGO AND BACON

Makes 4 servings
Prep time: 10 minutes
Cooking time: 15 minutes

INGREDIENTS:

- 6 slices bacon, chopped
- 1 pound Brussels sprouts, halved
- 2 large mangos (about 2 pounds), peeled, pitted and diced
- 1 tablespoon brown sugar
- ¼ teaspoon salt
- ¼ teaspoon pepper

DIRECTIONS:

Place chopped bacon in large non-stick skillet on medium heat. Cook until crisp and fat renders, 8 to 10 minutes. Remove bacon with slotted spoon and transfer to paper-towel lined plate; set aside. Remove all but 1 tablespoon bacon fat from skillet and increase heat to medium-high. Add Brussels sprouts, mango, brown sugar, salt and pepper. Cook until Brussels sprouts and mango are beginning to brown and become tender; about 6 minutes, stirring occasionally. Remove from heat and toss with reserved bacon.

Contributed by The National Mango Board



MANGO AND WATERMELON SALAD

Makes 4 servings

Prep time: 12 minutes

INGREDIENTS:

2 large (or 3 small) ripe, slightly soft mangos, peeled, pitted and cut in large dice

1 cup seedless watermelon, cut in large dice

½ small red onion, finely sliced

2 tablespoons pickled jalapeño pepper, chopped

12 small cherry tomatoes, cut in half

1 teaspoon garlic, minced

2 tablespoons lemon juice

1 tablespoon extra virgin olive oil

1 tablespoon honey

½ teaspoon kosher salt

3 tablespoons freshly chopped cilantro

1 cup watercress, washed and dried

DIRECTIONS:

In a medium stainless steel bowl, combine the mango, watermelon, onion, jalapeño and tomatoes. In a small bowl whisk the garlic, lemon juice, olive oil, honey and salt. Drizzle dressing over the mango mixture and toss with cilantro and watercress.

Contributed by The National Mango Board



GRILLED CORN AND MANGO SALAD

Makes 6 servings

Prep time: 20 minutes

Cooking time: 5 minutes

INGREDIENTS:

3 tablespoons low-fat mayonnaise

2 limes, zested and juiced

1 small Serrano chili, ribs and seeds removed and minced

½ teaspoon chili powder

4 ears corn, husks removed

2 teaspoons vegetable oil

3 mangos (about 2 pounds) (2 mangos peeled, pitted and diced, save hollowed mango cheeks for bowls; Cut cheeks off of remaining mango and scoop out enough mango flesh to form a shallow bowl, dice for garnish)

1 red bell pepper, finely diced

¼ cup crumbled cotija, queso fresco or feta cheese

2 tablespoons chopped cilantro

Salt and pepper

DIRECTIONS:

In a large bowl, whisk mayonnaise, lime juice and zest, Serrano, chili powder and ½ teaspoon salt. Preheat outdoor grill or indoor grill pan over medium-high heat. Brush corn with vegetable oil and season with salt and pepper. Grill corn, turning occasionally to char all sides, 5 to 6 minutes. Remove from grill and using chef's knife, cut corn from cob into large bowl containing dressing. Fold in bell pepper and diced mango; top with mango, cheese and cilantro. Serve at room temperature or chilled in individual mango cheek bowls.

Contributed by The National Mango Board



MANGO AND ALMOND COUSCOUS SALAD

Makes 6 servings

Prep time: 20 minutes

Cooking time: 15 minutes

INGREDIENTS:

- ½ cup crumbled feta cheese
- 1 cup sliced almonds, toasted
- ½ cup golden raisins
- ½ cup diced red bell pepper
- ½ cup sliced green onions
- 1 mango, peeled, pitted and diced
- 2 cups water
- 1 ¾ cup pearl (Israeli) couscous
- 1 tablespoon olive oil
- ¼ cup chopped fresh cilantro
- 2 cloves garlic, chopped
- ⅛ pinch or dash crushed red pepper flakes
- ½ teaspoon salt
- ¼ cup extra virgin olive oil
- 3 tablespoons rice vinegar

DIRECTIONS:

In a small bowl, whisk vinegar, oil, salt, crushed red pepper and garlic until combined. Stir in cilantro and cover and refrigerate until ready to use. In a medium saucepan cook couscous for 1 minute in oil over medium-low heat to lightly toast, stirring frequently. Add water and reduce heat to low, and simmer covered for 10 minutes or until liquid is absorbed. Fluff with a fork and let cool slightly. To assemble, transfer couscous to a large bowl and stir in dressing, mango, green onions, bell pepper and raisins; cover and chill for at least 1 hour. Just before serving sprinkle with almonds and feta.

Contributed by The National Mango Board



SPICY MANGO SWEET POTATO HASH

Makes 5 servings

Prep time: 10 minutes

Cooking time: 20 minutes

INGREDIENTS:

- 2 tablespoons grape seed oil, divided
- 1 cup (1 link) mild Andouille sausage, sliced
- $\frac{3}{4}$ cup chopped green bell pepper, diced
- 1 cup red onion, finely sliced
- 2 mangos, peeled, pitted and diced
- 2 tablespoons habaero peppers, finely diced
- $\frac{1}{2}$ teaspoon cinnamon
- 1 tablespoon coconut oil
- 3 cups sweet potato, diced
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 2 tablespoons chopped cilantro

DIRECTIONS:

Heat 1 tablespoon grape seed oil in a cast iron skillet over medium heat. Once warm, add Andouille sausage, stirring occasionally until browned. Remove sausage from skillet and set aside. Add remaining 1 tablespoon of grape seed oil to heated skillet. Once heated, add bell pepper and onion and sauté until onions begin to caramelize. Add diced mango, habaero peppers and cinnamon. Stir until just combined, then remove from heat and add to sausage mixture. Set aside. Add coconut oil to heated skillet and add sweet potatoes. Stir to coat potatoes with the oil and season with salt and pepper. Brown each side of the potatoes just a bit, stirring occasionally until cooked through, about 10-12 minutes. Once potatoes are cooked through, add sausage, vegetable and fruit mixture back into the skillet with the potatoes, stirring until well combined and heated through. Remove from heat, top with chopped cilantro, and serve.

Contributed by Dawn Harris from Kitchen of Mama Harris



MANGO BAKED BEANS

Makes 8 servings

Prep time: 10 minutes

Cooking time: 1 hour 15 minutes

INGREDIENTS:

1 pound bacon

½ sweet onion, diced

1 jalapeño pepper, diced

1 ¼ cups ketchup

½ cup brown sugar

2 tablespoons apple cider vinegar

2 tablespoons molasses

1 tablespoon Worcestershire sauce

1 clove garlic, grated

1 teaspoon salt

1 teaspoon fresh ground black pepper

½ mango, peeled, pitted and diced

48-ounce jar cooked Great Northern beans

DIRECTIONS:

Preheat oven to 350 degrees. Heat a large cast iron skillet over medium heat. Chop the bacon into bite sized pieces and add to the hot skillet. Fry, stirring often, until it begins to crisp. Add the onion and pepper to the skillet and cook for 5 minutes, stirring often. In a small sauce pan set over low heat, combine the ketchup, brown sugar, apple cider vinegar, molasses, Worcestershire sauce, garlic, salt, and pepper. Stir to combine. Bring to a boil and then remove from heat. Add the diced mangos to the sauce. Using an immersion blender, purée the sauce until smooth. Alternately, pour the sauce into a blender or food processor and process until smooth. If using a food processor or blender, be sure to vent the lid so that steam can escape and start with a low speed. When the sauce is smooth, add to the pan of bacon and onions. Add the beans and stir to coat in the sauce. Transfer beans to the oven, bake for 50 minutes and serve warm.

Contributed by Karly Campbell from Buns in My Oven



QUINOA MANGO SALAD WITH ALMONDS

Makes 4 servings

Prep time: 10 minutes

Cooking time: 20 minutes

INGREDIENTS:

- 1 cup uncooked quinoa
- 1 ripe mango, peeled, pitted and diced
- 4 cups organic salad greens, washed
- 1 cup arugula, washed
- ¼ cup finely chopped fresh mint
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoons white balsamic vinegar
- 2 tablespoons organic flax oil
- ¼ teaspoon fresh lemon zest
- ½ cup gluten-free granola
- 2 tablespoons raw almonds, chopped

DIRECTIONS:

Cook quinoa according to package directions. Remove from heat; fluff with a fork and set aside to cool for 15 minutes. Combine cooled quinoa with remaining ingredients in a large bowl; gently toss and serve immediately.

Contributed by Amie Valpone from The Healthy Apple



MANGO AND CRABMEAT SALAD

Makes 2 servings

Prep time: 20 minutes

INGREDIENTS:

Champagne Vinaigrette

2 tablespoons champagne vinegar

¼ cup + 2 tablespoons safflower oil

½ teaspoon kosher salt

½ teaspoon Dijon mustard

Dash of cayenne pepper

Crab and Mango Salad

½ pound lump crabmeat

1 mango, peeled, pitted and diced

2 tablespoons thinly sliced green onion tops

½ teaspoon kosher salt

Dash of cayenne pepper

2 small whole tomatoes, sliced into 6-8 rounds

Pinch of kosher salt

DIRECTIONS:

Combine all of the ingredients for the Champagne Vinaigrette in a mixing bowl. Whisk well to combine. In a separate mixing bowl, combine the crabmeat, mango, green onion, kosher salt and cayenne pepper. Pour the dressing over the mixture and gently fold the salad ingredients to mix, being careful to not break up the crabmeat lumps. Fan 6-8 tomato rounds on two plates and sprinkle each with a small pinch of kosher salt. Divide the crab and mango salad mixture between the two plates and serve.

Contributed by Addie Martin from Culicurious



MANGO BEET SALAD

Makes 4 servings

Prep time: 10 minutes

INGREDIENTS:

2 mangos, peeled, pitted and diced

¼ cup goat cheese

¼ cup diced jicama

½ cup diced beets

Balsamic vinegar

Olive oil

DIRECTIONS:

Line four one-cup ramekins with plastic wrap. Layer the ingredients into each ramekin, beginning with the mango, followed by the goat cheese and jicama, and ending with the beets. Chill the salads for 30 minutes. When you're ready to serve, turn the ramekins on a plate and remove the plastic wrap. Drizzle with balsamic vinegar and olive oil and serve.

Contributed by Sarah Roberts from Frankly Entertaining



DESSERTS

Sweet and Delectable Mango Delights

**FUN FACT:**

A mango tree can grow as tall as 100 feet.



MANGO UPSIDE DOWN CAKE

Makes 8 servings

Prep time: 35 minutes, including 15 minutes to cool

Cooking time: 60 minutes

INGREDIENTS:

- 1 ½ sticks unsalted butter, softened (divided)
- ½ cup light brown sugar
- 1 large mango, peeled, pitted and sliced ¼-inch thick
- 1 ½ cups all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ¼ teaspoon ground cloves
- ¼ teaspoon cinnamon
- 1 cup granulated sugar
- ½ teaspoon orange zest
- 3 eggs, separated
- 1 teaspoon vanilla extract
- ⅓ cup mango nectar
- ⅓ cup milk
- Whipped cream and candied orange peel (optional)

DIRECTIONS:

Preheat oven to 350 degrees. Butter a 9-inch round cake pan, set aside. In small saucepan, melt ½ stick of butter and stir in brown sugar, simmer for about 2 minutes. Pour mixture into prepared cake pan and top with sliced mango, creating a fan pattern. In medium bowl, whisk together flour, baking powder, salt, cloves, and cinnamon. Set aside. In another bowl, using an electric mixer, beat remaining 1 stick softened butter, granulated sugar and orange zest on high until pale yellow and fluffy, about 5 minutes. Add whole egg yolks, 1 at a time until incorporated. Add vanilla. Decrease speed to low and add half of flour mixture. Mix in mango nectar and milk and then remaining flour mixture. In another bowl, beat egg whites until soft peaks form then fold into batter. Carefully pour cake batter over mangos, spreading evenly. Bake for about an hour, or until toothpick inserted into center of cake comes out clean. Cool in pan for 15 minutes then invert cake onto plate. Cool completely on a wire rack. Garnish with whipped cream and candied orange peel.

Contributed by The National Mango Board



MANGO AND BLUEBERRY COBBLER

Makes 6, 4-ounce ramekins or mason jars

Prep time: 15 minutes

Cooking time: 25 minutes

INGREDIENTS:

Butter

3 mangos (about 3 pounds), peeled, pitted and diced

$\frac{3}{4}$ cup fresh blueberries

3 tablespoons sugar

2 tablespoons cornstarch

1 teaspoon lemon juice

Pinch salt

1 package refrigerated biscuits

1 large egg

1 tablespoon milk

2 teaspoons raw (turbinado) sugar

DIRECTIONS:

Preheat oven to 325 degrees. Butter mason jars or ramekins, set aside. In a large bowl, combine mangos, blueberries, sugar, cornstarch, lemon juice and salt. Divide mango blueberry mixture evenly among prepared jars. On a clean cutting board, unroll biscuits. Using a biscuit cutter just smaller than the jar or ramekin, stamp out six biscuit tops. (For 4-ounce ramekins or mason jars, use a 2-inch biscuit cutter.) Place biscuits on top of filled ramekins. Beat egg and milk together to create an egg wash. Brush biscuits with egg wash and sprinkle with raw sugar. Bake until mango mixture is bubbling and biscuit is golden brown, about 25 minutes.

Contributed by The National Mango Board



TROPICAL S'MORES

Makes 4 servings

Prep time: 10 minutes

Cooking time: 5 minutes

INGREDIENTS:

8 marshmallows

8 (3-inch) soft molasses cookies

1 large mango, peeled, pitted and sliced

DIRECTIONS:

Toast marshmallows on long metal skewers over hot coals until golden brown on the outside and soft on the inside. Place marshmallows on four cookies (2 marshmallows per cookie) and top with mango slices. Drizzle with caramel sauce and sprinkle with coconut and nuts, as desired. Top with remaining cookies. Serving tips: Optional toppers: caramel sauce, toasted coconut, chopped macadamia nuts.

Contributed by The National Mango Board



MINI VANILLA CUPCAKES WITH MANGO BUTTERCREAM

Makes 48 servings

Prep time: 60 minutes

Cooking time: 15-18 minutes

INGREDIENTS:

1 15.25-ounce box vanilla cake mix

1 cup water

½ cup vegetable oil

3 eggs

2 large mangos (about 2 pounds), pitted,
peeled and diced

2 ½ sticks (10 ounces) unsalted butter,
room temperature

5 cups powdered sugar

2 tablespoons white sparkling sugar sprinkles
(optional)

DIRECTIONS:

Preheat oven to 325 degrees. Line mini muffin tins with cupcake liners. In large bowl, beat cake mix, water, oil and eggs with electric mixer on low speed about 30 seconds, increase speed to medium and mix until smooth, about 2 minutes. Pour into prepared pans and bake until a toothpick inserted into center of cupcake comes out clean, 15-18 minutes. Cool in pans for 5 minutes then cool completely on wire rack. Purée one and a half diced mango in food processor or blender until smooth, set aside (will yield about ¾ cup). Reserve remaining diced mango for garnish. In a large bowl, beat butter with electric mixer on medium speed, until smooth; slowly add powdered sugar, 1 cup at a time, mixing between each addition. Add ¾ cup mango purée. Increase speed to high and beat until incorporated, about 2 minutes. Transfer buttercream to a piping bag fitted with a pastry tip or a large zip top bag and top cooled cupcakes with buttercream. Top with 1 piece diced mango and sparkling sugar if desired.

Contributed by The National Mango Board



MANGO GOOEY CAKE

Makes 12 servings
Prep time: 15 minutes
Cooking time: 30 minutes

INGREDIENTS:

1 box yellow cake mix
1 stick (½ cup) butter, softened
1 egg
1 cup white chocolate chips
1 mango, peeled, pitted and thinly sliced
½ cup (from a 14-ounce can) sweetened condensed milk

DIRECTIONS:

Preheat oven to 350 degrees. Line a 9x9-inch pan with foil and spray liberally with non-stick cooking spray. Add cake mix, butter, and egg to the bowl of an electric mixer. Using a paddle attachment, mix ingredients until a thick dough forms. Press about ⅔ of the dough into the bottom of the prepared pan. Sprinkle with white chocolate chips and add mango slices in a single layer on top of the white chocolate chips. Pour sweetened condensed milk over the top. Separate remaining dough into small balls and evenly space over the top of the bars. Press down to flatten. Bake cake for about 30 minutes or until it just starts to brown. Cool completely before slicing and serving.

Contributed by Wendy O'Neal from Around My Family Table



HOT BISCUIT SHORT CAKES WITH MANGO DESSERT SAUCE

Makes 6 servings

Prep time: 20 minutes

Cooking time: 20 minutes

INGREDIENTS:

1 mango, peeled, pitted and diced

1 tablespoon sugar

2 tablespoons grated lime zest

Sauce

3 cups mango, peeled and diced

1 tablespoon butter

1 tablespoon brown sugar

1 teaspoon lemon juice

1 teaspoon orange juice

3 tablespoons water

Drop Biscuits

2 $\frac{1}{3}$ cups Bisquick

3 tablespoons sugar

INGREDIENTS, CONTINUED:

1 crystallized ginger, minced

$\frac{1}{2}$ cup milk

1 tablespoon sugar

Berries for garnish

DIRECTIONS:

Preheat oven to 425 degrees. Toss first three ingredients together (mango, sugar and lime zest.) Set aside and let stand about 15 minutes to bring out the juices. Combine sauce ingredients in pot over medium heat. Stir occasionally until mixture thickens, about 10-12 minutes. Combine Bisquick, sugar and ginger in a bowl. Stir in $\frac{1}{4}$ cup milk, reserving another $\frac{1}{4}$ cup, to form dough and knead a few times. Drop dough on ungreased baking sheet and brush with remaining $\frac{1}{4}$ cup milk and sprinkle with sugar. Bake at 425 degrees for 10-12 minutes or until lightly browned. To serve, split open 1-2 biscuits in a dish. Spoon some of the fresh diced mango over the biscuits, followed by the warm mango dessert topping. Garnish with a few raspberries or blackberries, if desired.

Contributed by Liz Mays from A Nut in a Nutshell



MANGO MARGARITA PIE WITH PRETZEL CRUST

Makes 8 servings

Prep time: 10 minutes, 4 hours to freeze

Cooking time: 10 minutes

INGREDIENTS:

Crust

2 ½ cups crushed pretzels

1 cup unsalted butter, melted

3 tablespoons sugar

Filling

½ cup sweetened condensed milk

18 ounces mango pulp

½ cup tequila

2 tablespoons triple sec

¼ cup sugar

½ cup lime juice

DIRECTIONS:

Preheat oven to 350 degrees. To prepare the crust, combine all crust ingredients in a mixing bowl and press the mixture into a 9-inch pie pan. Bake for 10 minutes or until pretzels are lightly toasted. Remove from the oven and set aside to cool. While hot, the pretzel crust will still be loose; handle with care. To prepare the pie filling, blend all filling ingredients until smooth. Pour into prepared pie crust and freeze for at least four hours. Eat immediately after removing from the freezer.

Contributed by Stefani Pollack from Cupcake Project



MANGO GINGER ICE CREAM SANDWICH

Makes 10 servings

Prep time: 2 hours and 15 minutes, 3 hours to freeze

INGREDIENTS:

2 large mangos, peeled, pitted and diced

1 ½ cups sugar, divided

2 tablespoon lime juice

½ teaspoon fresh grated ginger

2 cups milk

5 egg yolks

1 cup heavy whipping cream

DIRECTIONS:

Combine the mango, ½ cup of sugar and lime juice in a bowl and place in the refrigerator for 1 hour. Place ¾ cup sugar in a mixing bowl. Place grated ginger into a saucepan, add milk and scald. Pour the scalded milk mixture into the sugar. Add the 5 egg yolks and mix together. Return the mixture to the stovetop over medium-low heat and stir until thickened. When the mixture coats the back of the spoon, remove from heat and add cream. Stir and refrigerate for one hour. Use mixture to prepare ice cream according to your ice cream maker's directions. After the ice cream has hardened, scoop out and press between two molasses cookies. Serve immediately.

Contributed by Jennifer Medeiros from Makobi Scribe



MANGO FREEZE POPS

Makes 6 popsicles

Prep time: 5 minutes, 4-6 hours to freeze

INGREDIENTS:

3 mangos, peeled, pitted and diced

1 cup coconut milk

DIRECTIONS:

Purée the mango and coconut milk in a blender until smooth. Then, turn on your blender up to the highest setting and whip the mixture for one minute. Pour the whipped mango blend into freezer pops, freeze, and enjoy.

Contributed by Laura Fuentes from MOMables



SAFFRON PAVLOVAS WITH MANGO CURD AND MASCARPONE WHIPPED CREAM

Makes 6 servings

Prep time: 55 minutes

Cooking time: 2 hours

INGREDIENTS:

Meringues

½ teaspoon saffron threads

1 teaspoon Champagne vinegar

¼ cup granulated sugar

½ cup confectioners' sugar

4 large egg whites

Pinch of salt

1 tablespoon cornstarch

Mango Curd

1 large mango, peeled, pitted and diced

¼ cup sugar

INGREDIENTS, CONTINUED:

Pinch of salt

3 tablespoons lemon juice

4 egg yolks

4 tablespoons butter, cut into small pieces

Whipped Cream

1 cup heavy whipping cream

¼ cup mascarpone

Zest of one lemon

2 tablespoons granulated sugar or to taste

Extra sliced mango for garnish

DIRECTIONS:

Line a large baking sheet with parchment paper and draw six four-inch circles on the parchment. Turn the parchment over so the pencil marks are on the back. Preheat the oven to 200 degrees. Place the saffron threads in a small bowl or ramekin, and add the vinegar. Press the threads with a spoon and swirl them into the vinegar, and then set aside.

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MANGO DRAGON ROLL WITH SPICED CHOCOLATE DRIZZLE

Makes 4 servings

Prep time: 30 minutes

Cooking time: 45 minutes

INGREDIENTS:

1 cup short grain brown rice

Pinch of salt

2 tablespoons pure maple syrup

2-3 nori sheets

1 banana, cut into thin strips, lengthwise

½ avocado, cut into thin strips, lengthwise

1-2 mangos (depending on size), peeled, pitted and thinly sliced, lengthwise

¼ cup shredded unsweetened coconut

4 ounces dark chocolate

Pinch of cayenne pepper (can also substitute cinnamon or ginger)

DIRECTIONS:

Cook the rice by putting it in a pot with a tight-fitting lid, along with 2 cups of water and the pinch of salt, and bring to a boil. Once boiling, reduce heat and allow to simmer, covered and without stirring, for 45 minutes. Once the rice is cooked, let it cool until it can be comfortably held in your hand. Gently stir the maple syrup into the rice. Prepare your sushi rolling mat by covering it in plastic wrap. Slice the banana and avocado into thin slices lengthwise. Place the mango slices on the plastic wrap and gently press down to flatten. Keep pressing gently and evenly with your fingers or the side of knife until the length of mango is about the length of your sushi roll. Lay out a sheet of nori on your rolling mat. There are often grooves in the nori to show where you should cut your sushi – these lines should be oriented parallel to the direction you're facing, not perpendicular. Spoon some rice onto the nori, wet your hands and spread the rice out to cover the sheet entirely – end to end and edge to edge. Carefully lift one side of the sheet and flip it over, so that the rice is resting on the plastic-covered rolling mat with the mango slices, and the nori is facing up.

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SAFFRON PAVLOVAS WITH MANGO CURD AND MASCARPONE WHIPPED CREAM

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DIRECTIONS, CONTINUED:

Sift together the granulated sugar and powdered sugar in a separate bowl. In a large mixing bowl or the bowl of a stand mixer, add egg whites and salt. Beat egg whites on medium speed with a whisk attachment for about three minutes. Soft peaks should just begin to form. Slowly sprinkle the combined sugars over the egg whites while continuing to mix. Turn the mixing speed to high and whip for three to five minutes. The egg whites will form stiff peaks and become glossy. Sprinkle the cornstarch over the egg whites and mix just to combine. Using a large rubber or silicone spatula, fold in the saffron-vinegar mixture. Transfer the meringue mixture to a large piping bag fitted with a wide tip or place meringue mixture in a large plastic storage bag and snip off one corner. Pipe circular meringue shapes in the circles drawn on the parchment paper. If you'd rather not use a piping bag, the meringue can be spooned into pillow shapes on the parchment-lined baking sheet. If using a spoon, make an indentation in each meringue pillow. Bake the meringues for two hours. Then, turn off the oven without opening it, and leave the meringues in the oven for an additional four hours or overnight. Transfer the baking sheet to a cooling rack and leave meringues to set until completely dry. Meringues can be

stored at room temperature in an airtight container for a few days, but humidity can cause them to become sticky. Place diced mango, sugar, salt, and lemon juice in a blender and process until smooth, scraping down sides of blender pitcher as needed. Add egg yolks to blender and purée for another 15 seconds. Pour purée through a sieve to strain. Place strained purée in a heat-proof bowl set over a saucepan of simmering water, and whisk constantly until thickened, about 12-15 minutes. Remove the bowl from the saucepan, and add butter one piece at a time while continuing to whisk. Incorporate each piece of butter before adding the next piece. Cover bowl with plastic wrap pressed directly on the surface of the mango curd, and chill the curd before using. The mango curd can be stored in the refrigerator for up to one week. Place all ingredients for the mascarpone whipped cream in a mixing bowl or the bowl of a stand mixer and mix with a whisk or whisk attachment until thickened. Place meringues on dessert plates. Spoon mango curd into center of each meringue and top with mascarpone whipped cream. Garnish each plate with sliced mango.

Contributed by Lisa Lawless from Lisa Is Cooking

MANGO DRAGON ROLL WITH SPICED CHOCOLATE DRIZZLE

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DIRECTIONS, CONTINUED:

Place slices of banana and avocado in a row along the edge of the sheet, perpendicular to the direction you are facing. Dry your hands, then lift the rolling mat to roll the rice-covered sheet up and over the row of fruit. Press tightly back towards you, and also down onto the roll. Peel the rolling mat out from the end, lift the close edge, and continue to roll. Allow your sushi roll to sit for a few minutes to set, then cut into slices and arrange on a plate. Toast the coconut in a small pan over medium-high

heat and stir frequently with a wooden spoon. Melt the chocolate in a pan over medium-low heat and stir in the cayenne pepper, or spice of choice. Top your mango dragon roll with a sprinkle of toasted coconut and a drizzle of chocolate sauce, or serve the chocolate sauce in a bowl for dipping.

Contributed by Heather Nicholds from Healthy Eating Starts Here

ABOUT THE NATIONAL MANGO BOARD

The National Mango Board is an agriculture promotion group, 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. The superfruit mango contains 100 calories, an excellent source of vitamins A and C, a good source of fiber and an amazing source of tropical flavor. Learn more at www.mango.org.



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