

# SUMMER MANGO SALSA

<b>Culinary Intro:</b>	This fresh mango salsa is a great way to enjoy familiar ingredients in a new way. The combination of colorful fruits and veggies adds visual appeal and can encourage the tasting of new foods.
<b>Nutrition Intro:</b>	Mango is a tropical fruits, native to Southeast Asia.

<p><b>Ingredients for 4 servings</b>                  Each serving = ½ cup                  Cost per serving= \$1.01</p> <ul style="list-style-type: none"> <li>• 1 large mango</li> <li>• 1 large avocado</li> <li>• ½ red bell pepper</li> <li>• 1 lime</li> <li>• fresh mint or cilantro, about ¼ cup</li> <li>• ¼ teaspoon salt</li> <li>• ¼ teaspoon chile powder (optional)</li> <li>• Boston Bibb lettuce</li> </ul> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Slice the mango around the pit and cut into the mango in a checker-board pattern. Flip the mango inside out and slice the fruit into a large bowl.</li> <li>2. Slice the avocado in half; remove the pit and slice into the flesh in a checker-board fashion. Scoop out the flesh. Add the avocado to the bowl with the mango.</li> <li>3. Finely chop the red bell pepper and add to the bowl with the mango and avocado.</li> <li>4. Slice the lime in half and squeeze the juice into the bowl. Stir gently with a spatula.</li> <li>5. Tear leaves of mint or cilantro off the stalk. Chop gently and add to the bowl. Season with salt and chile powder, if using. Stir gently.</li> <li>6. Separate the leaves of lettuce from the core and rinse under cold running water. Dry well. Serve the salsa in individual lettuce cups.</li> </ol>	<b>Steps Comments:</b>	
	<b>1</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• the “dimple” of mango indicates where the seed lies</li> <li>• Slice around the seed, and slice into the fruit in a checkerboard fashion, flip inside out and you will see a “hedgehog” pattern</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Mangoes contain significant amounts of vitamin C and folate.</li> </ul>
	<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• How to select an avocado→should give slightly to pressure; make sure there are no soft spots or bruising</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Surprisingly, avocado is a good source of fiber.</li> <li>• Most of the fats found in avocado are heart-healthy fats.</li> <li>• The fats from avocado help with the absorption of the many fat-soluble phytonutrients found in plants.</li> </ul>
	<b>3</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• the crispness of the red bell pepper adds a pop of red color as well as a contrast in texture to the soft mango</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Every color in plants represents a family of protective nutrients; add a variety of colors to your plate.</li> </ul>
	<b>4</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Lime/ citrus can increase the seasoning of a dish→hits the tongue in the same place as salt does</li> <li>• Lime/citrus role in avoiding oxidation (browning) of avocado</li> </ul>
<b>5</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Avoid chopping herbs too far ahead of time→oxidation</li> <li>• Smooth, gentle motion when chopping herbs</li> <li>• How to store herbs→rinse bunches of herbs under cool water, shake off any excess water and gently wrap in paper towels; store in a plastic bag, removing all air; change the paper towels every few days if necessary</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Fresh herbs add nutritional value to the recipes.</li> <li>• Fresh herbs are a good way to add flavor to recipes and decrease salt content.</li> </ul>	

# Nutrition Facts

Serving Size 1/2 cup (162g)  
Servings Per Container 4

Amount Per Serving

**Calories** 120    **Calories from Fat** 50

% Daily Value\*

**Total Fat** 6g                    **9%**

**Saturated Fat** 1g            **5%**

**Trans Fat** 0g

**Cholesterol** 0mg              **0%**

**Sodium** 150mg                **6%**

**Total Carbohydrate** 19g      **6%**

**Dietary Fiber** 5g            **20%**

**Sugars** 12g

**Protein** 2g

Vitamin A 35%    •    Vitamin C 110%

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

## Clean-up/Review comments

**Culinary:**

This would be a great recipe to prepare as a family. Small children can participate in selecting ingredients and stirring, etc. Try using other fruits or veggies, like strawberries or kiwis. Onion can also be a great flavor enhancer. This salsa can be served with chicken or salmon. Look at the recipe as a guideline and source of inspiration in the kitchen.

**Nutrition:**

Versatile recipe, change ingredients based on your food preferences or patient’s dietary needs.

Materials	Shopping List
<ol style="list-style-type: none"><li>1. 1 cutting board</li><li>2. 1 small knife</li><li>3. 1 large bowl for the salsa</li><li>4. 1 bowl/ container for trash</li><li>5. 1 silicone spatula</li><li>6. 1 spoon, for scooping out avocado</li><li>7. 1 spoon, for serving</li><li>8. measuring cups &amp; spoons</li><li>9. 1 plate for lettuce cups</li><li>10. 1 plate for presentation</li><li>11. lemon squeezer (optional)</li><li>12. tablecloth</li><li>13. kitchen towel</li><li>14. paper towels</li><li>15. sample cups/plates/spoons/ napkins</li><li>16. gloves</li><li>17. storage containers for leftovers</li><li>18. copies of recipe</li></ol>	<p><b>Produce</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> 1 mango</li><li><input type="checkbox"/> 1 avocado</li><li><input type="checkbox"/> 1 small bunch of mint or cilantro</li><li><input type="checkbox"/> 1 red bell pepper</li><li><input type="checkbox"/> 1 lime</li><li><input type="checkbox"/> 1 head Boston Bibb lettuce</li></ul> <p><b>Condiments</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> salt</li><li><input type="checkbox"/> chile powder</li></ul>

**Prepping for demo:**

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Prep & store for demo as requested in recipe
- Label all mise en place items
- Make sure to leave a 1 mango, 1 avocado, a portion of the red bell pepper, onion, and cilantro intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

**Estimated time for preparation:** ½- 1 hour , depending on amount of ingredients being prepared