

TRY IT TUESDAY: MANGO



Every Tuesday, we challenge you to try a new food! For each new food, there are three different activity levels. Each level gets harder as you go; Cook, Sous Chef, and Head Chef.

Health Benefits of Mango:

- High in vitamin C.
- Good source of copper and folate.
- Contain high levels of antioxidants.
- Good source of fiber.
- Support cardiovascular health.



Cook Challenge:

- Try mango. You can purchase fresh, frozen, or even dried varieties. Brainstorm ways you could include mango in your diet.



Sous Chef Challenge:

- Visit chefs.org/recipes and choose one of our recipes featuring mango. Make the recipe at home and enjoy with your family!
 - Mango Cabbage Slaw
 - Summer Mango Salsa
 - Tropical Fruit Salad
 - Mango Apple Granita with Basil



Head Chef Challenge:

- Create your own recipe using mango!