





Mangoes

Benefits of mangoes:

-  High in vitamin C & A
-  High in fiber
-  High in antioxidants to prevent heart disease and some cancers.

When are they in season?

-  Harvested almost all year round. Although, most of the world's mangoes come from India.

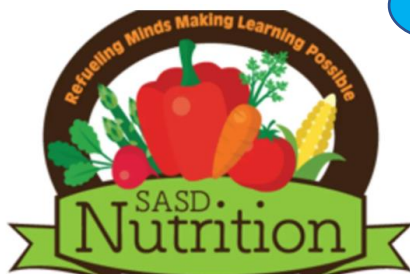
Food Safety for mangoes

Check for existing mold.

Store mangoes at room temperature. To speed up ripening place mangoes in a paper bag.

Separate mangos from meat. Use different cutting boards for meats and fruits.

Did you know... Mangoes are related to cashews and pistachios.



Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>
Moyer, K. (n.d.). 20 Mango Facts. Retrieved January 08, 2021, from <https://blog.aghires.com/20-mango-facts/>

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Mango smoothie

Serves 1

Ingredients




- 1 cup frozen mango
- ¾ cup yogurt
- 1 medium sized frozen banana

Directions

1. Combined all ingredients and blend until smooth. If needed, add water or milk to help it blend.



Other Ideas:

-  Mango salsa
-  Mango salad
-  Mango chicken