



Mangoes

MANGO COCONUT SMOOTHIE

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| 1 mango, peeled and sliced | 2 tbsp (25 mL) honey |
| 1 1/2 cups (375 mL) yogurt | 1/2 tsp (2 mL) vanilla |
| 1 can (400 mL) coconut milk | |

Combine all ingredients in a blender. Puree until smooth. Pour into glasses and serve immediately. Serves 4.

Cook's Note: *Mangoes vary in sweetness. If desired, additional honey may be added to taste. If doubling this recipe, prepare in separate batches.*

MANGO AND SHRIMP WRAPS

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| 1/4 cup (50 mL) sour cream | 1/4 tsp (1 mL) freshly ground pepper |
| 1/4 cup (50 mL) mayonnaise | 1 3/4 cups (425 mL) frozen cooked baby shrimp,
thawed, rinsed and patted dry |
| 2 tbsp (25 mL) slivered fresh basil or
1/2 tsp (2 mL) dried basil, crumbled | 1 cup (250 mL) diced peeled mango |
| 2 tbsp (25 mL) chopped green onion | 6 flour tortillas (8 inch/20 cm) |
| 1 tbsp (15 mL) fresh lemon juice | 3 cups (750 mL) slivered baby spinach |
| 1/4 tsp (1 mL) salt | |

Combine first 7 ingredients (sour cream through pepper). Stir in shrimp and mango. Spoon shrimp mixture down the centre of tortillas. Top each with 1/2 cup (125 mL) spinach. Fold top and bottom edges of each tortilla 1 inch (2.5 cm) over shrimp mixture. Fold sides of tortillas to centres, overlapping edges. Serve immediately or wrap individually and refrigerate for up to 2 hours. Serves 4 - 6.

TOMATO AND MANGO SALAD WITH CILANTRO

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| 2 tsp (10 mL) balsamic vinegar | 2 cups (500 mL) tomato chunks
(1 inch/2.5 cm) |
| 2 tsp (10 mL) fresh lemon juice | 2 cups (500 mL) peeled mango chunks
(1 inch/2.5 cm) |
| 1 tsp (5 mL) sugar | 1/2 cup (125 mL) thinly sliced red onion |
| 1/2 tsp (2 mL) salt | 1/3 cup (75 mL) chopped fresh cilantro |
| 1/4 tsp (1 mL) freshly ground pepper | |
| 3 tbsp (40 mL) oil | |

To prepare dressing, whisk together vinegar, lemon juice, sugar, salt and pepper. Gradually whisk in oil. Combine tomato, mango, onion and cilantro in a bowl. Toss with dressing to coat. Serve immediately. Serves 4 - 6.

MANGO SALSA

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| 1 1/2 cups (375 mL) chopped mangoes | 2 tbsp (25 mL) chopped fresh cilantro |
| 2/3 cup (150 mL) chopped red bell pepper | 1 tbsp (15 mL) fresh lime juice |
| 1/3 cup (75 mL) chopped red onion | 1/2 tsp (2 mL) green pepper sauce |
| 1/4 cup (50 mL) hot pepper jelly | |

Combine all ingredients. Cover and refrigerate for at least 30 minutes or up to 4 hours. **Yield:** 2 1/2 cups (625 mL).