

Taste Test: Mango



A mango is a delicious, juicy, tropical fruit with a sweet flavour. Mangoes have a thick multicoloured outer skin that is not typically eaten. The inside of a mango is a bright orange colour. The flavour of the inside flesh of the mango is very rich and sweet but slightly tangy. Mangoes are grown typically in India but can also be found in California and Florida. They are the most flavourful in May and June.

Food Fact

Mango is high in vitamins A and C, and are a source of vitamin B₆, folate and vitamin K.

How to Choose:

- ☐ Look for a mango that is firm but not too hard.
- ☐ Make sure the skin of the mango is intact, and does not have mold or bruises.
- ☐ Green mangoes are not ripe.
- ☐ Brown speckles on the skin of a mango indicates that it is past its prime ripeness.

How to Prepare:

- ☐ Rinse and make shallow cuts in four sections of the mango and peel like a banana. Or, cut in half and remove the pit. Fruit clings to the pit so slice as much as possible from it.

How to Store:

- ☐ Keep mangoes at room temperature to let them ripen.
- ☐ Once ripe, store mangoes in the fridge for up to 1 week.

Note:

Canada's food guide recommendations:

- ☐ Include vegetables and fruit in all meals and snacks.
- ☐ Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try mango again?

☐ YES ☐ NO

Ideas for Serving Mango:

- Mango cut into bite-sized pieces are a delicious addition to oatmeal, granola, or other breakfast cereals.
- Make fruit kebabs with bite-sized cubes of mangoes, bananas, strawberries, and grapes.
- Add mangoes to smoothies for a tropical twist.

Mango Lassi

Makes 2 servings

Ingredients:

- ☐ 1 cup plain low-fat yogurt
- ☐ ½ cup milk
- ☐ 1 cup chopped mango, peel and remove stone
- ☐ 4 tsp sugar
- ☐ A dash of ground cardamom



Directions:

1. Put mango, yogurt, milk, sugar, and cardamom into a blender and blend until very smooth, then pour into individual glasses and serve.

Recipe adapted from: http://www.simplyrecipes.com/recipes/mango_lassi/

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.

¹EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx Accessed August 13, 2012.

