

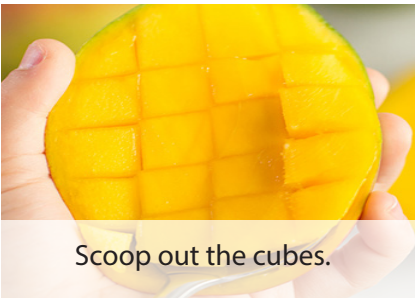
Mango



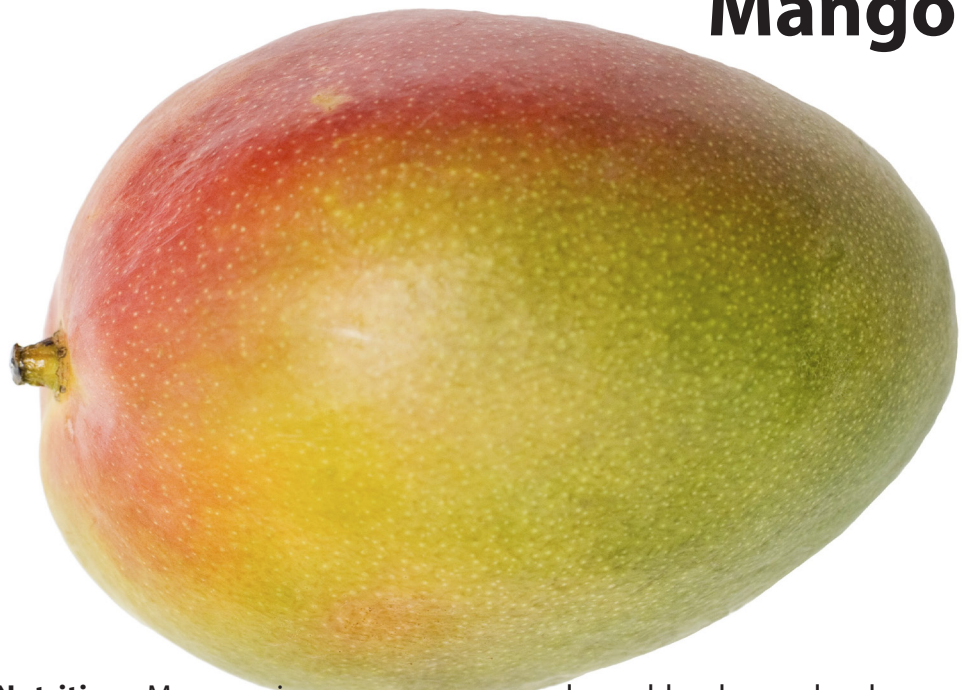
Cut here, around the seed.



Score with a knife without cutting the skin.



Scoop out the cubes.



Nutrition: Mangoes increase your energy, lower blood sugar levels, combat cancer and boost your brain. And they are delicious!

Storage: **Unripe** - keep at room temperature. **Ripe** - place in the fridge. They are ripe when soft to the touch and smell sweet.

In Season: June-August



Easy Mango Salad

Makes 4 servings

Ingredients:

1. 1 firm-ripe mango, peeled and cut into 1/2-inch cubes.
2. 1 small red onion, chopped.
3. 1 jalapeno, seeded and minced .
4. 2 teaspoons of lime or lemon juice.
5. 1 teaspoon of sugar.
6. If available 2 teaspoons of balsamic vinegar and 2 tablespoons of fresh cilantro leaves.
7. Add your favorite raw vegetables and fruit!

Directions:

1. In a bowl, combine the juice, sugar and balsamic vinegar then mix.
2. Add other ingredients and toss lightly to coat.
3. Salt and pepper to taste.