

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

Mango



You can find POW! info sheets on the EHHD website!
www.ehhd.org

Look for
Produce of the Week

What fruit is most widely consumed in the world?

Mango!

- ⇒ Choose slightly firm fruit
- ⇒ Avoid fruit with sap on the skin
- ⇒ Select fruit that are heavy for their size
- ⇒ Store mangos at room temperature for 1 to 2 days or in the refrigerator for up to 5 days
- ⇒ To eat a mango remove the skin and cut slices or wedges off the large pit

- ◆ **1/2 of a mango is one serving**
- ◆ **One serving contains about 70 calories**
- ◆ **Mangos are an excellent source of vitamin A and a good source of vitamin C**

Did you know ?

U.S. supplies are grown in Florida, California, and Mexico.

Mangos are rich in enzymes that tenderize meat! You can use both green and ripe mangos in meat marinades.

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

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Try these delicious, nutritious and healthy recipes!

Mango Salsa with Chicken

4 to 6 Servings

INGREDIENTS

- | | |
|---------------------------------------|-------------------------------|
| 1 fresh, ripe mango, diced | 1/2 red onion, diced finely |
| 1 bunch cilantro, chopped | 1/2 green bell pepper, minced |
| 1 red chili pepper, seeded and minced | 2 T lemon or lime juice |
| 4 boneless, skinless chicken breasts | 1 egg |
| 1/4 cup skim milk | 1 cup bread crumbs |

DIRECTIONS

1. Make the salsa by combining the first six ingredients together in a small bowl. Set aside until serving time.
2. Mix the egg and milk in a small bowl. Pound the chicken breast until flattened. Dip the chicken into the egg mixture, then into the bread crumbs.
3. Cook breaded chicken pieces in a pan over medium heat after spraying with cooking spray. Cook until the chicken is cooked through. Serve with mango salsa on top.

Simple ways to enjoy MANGO: Mango are wonderful to eat fresh; just peel and slice off sections from the large pit. Make sure you have napkins handy—a ripe mango is very juicy!



Mango Bread Pudding

4 Servings

INGREDIENTS

- | | |
|-------------------------------------|---------------------------------|
| 3 slices of bread, torn into pieces | 1 fresh mango, peeled and diced |
| 2 T sugar | 2 eggs |
| 1 C skim milk | 1 tsp vanilla |
| 1/4 tsp cardamom (or cinnamon) | 1 T butter (optional) |

DIRECTIONS

1. Preheat oven to 350°; spray 9x9 baking dish with non-stick spray.
2. Toss together bread and mango; place in baking dish. Combine eggs, sugar, milk, vanilla, and cardamom; pour over top of bread mixture. Top with small pieces of butter.
3. Bake for about 40 minutes or until slightly puffy and golden brown. Serve warm.

Recipes modified from morematters.org & allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!