

Quick Bites



Summer is the perfect time to enjoy fresh, sweet mangos. They not only taste great, but they're also very nutritious! Each mango offers over 20 different vitamins and minerals. One serving (3/4 cup of sliced mango) contains 7% of your daily fiber and 15% of your daily folate dietary needs. All varieties of mango—fresh, frozen, and canned—are healthy options. Just watch out for added sugars and syrups in the frozen and canned varieties.

Find more recipes at: www.jocoeats.com

Makes 4 servings

Mango Salsa

Makes 8 servings

- 1 mango (peeled, pitted, and diced)
- 1/2 small red onion, diced
- 1 tablespoon fresh cilantro, chipped (optional)
- 1/4 teaspoon salt
- Juice of 1 lime

1. Clean work area with warm, soapy water. Wash hands with soap and warm water for 20 seconds.
2. Combine all ingredients in a bowl and stir to mix.
3. Serve immediately or cover and refrigerate.



* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

8 Servings Per Recipe
Serving Size: 2 tablespoons

Amount Per Serving
Calories **25**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrates 7g	2%
Dietary Fiber 1g	4%
Total Sugars 6g	
Added Sugars	NA*
Protein 0g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 27mg	0%

Tips That Make Cents

- Plan your meals to use seasonal foods, such as peaches in summer and oranges in winter.
- In the grocery store, shop cold items last. Frozen foods, meat and dairy should be sacked together so you can easily spot them and put them away once you get home.
- Lessen the time foods are in the car. Keep perishables out of the direct sunlight or out of a hot trunk. Make the grocery store you last stop before going home.
- Bake more than one item while the oven is hot. You can cook more than one dish at a time if they are to be cooked at the same temperature.

How to Cut a Fresh Mango:



1. Slice each side just past the seed.



2. Slice flesh without breaking the skin.



3. Scoop out slices and enjoy.



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