

CARE TO MANGO SALSA?

Mangoes are tangy/sweet tropical fruits.

Depending on their degree of ripeness, they can also be used for salads or stews.



Mangoes are very nutritious, and can contribute fiber and vitamin C to your diet. They also contain carotenoids. These are powerful antioxidants that can protect our bodies and improve our health. Although antioxidant supplements are available on the market, studies

indicate these are not as beneficial as the antioxidants naturally occurring in foods (Bjelakovic G. et al, 2007, “Mortality in randomized trials of antioxidant supplements for primary and secondary prevention”, *JAMA*).



Mangoes can be used to make condiments, ideal to give flavor to chicken or fish dishes.



Mango facts: this plant originated in the Indian Subcontinent, but is now grown around the world in many warm regions.

Mango nutrition: when eaten as a fruit, one serving of mango is 1/2 cup. This provides 15 grams of carbohydrates (source: *Choose Your Foods: Exchange List for Diabetes*, American Diabetes Association, 2008).



Preparation tips:

- ★ For extra flavor, marinate the shrimp or chicken in lemon juice, garlic powder and black pepper for up to 24 hours before cooking.
- ★ Cook the shrimp/chicken after you have prepared the mango salsa.
- ★ No need to add salt since this salsa is bursting with flavor!

SHRIMP WITH MANGO SALSA

Ingredients for 4 servings:

- 1 lb shrimp, shelled and deveined
- 1 tablespoon canola oil

For the mango salsa:

- 1 teaspoon grated ginger
- 1 teaspoon of chopped jalapeño
- 1 cup finely diced ripe mango
- 1/4 cup diced red bell pepper
- 1/4 cup diced green bell pepper
- 1/3 cup finely sliced green onions
- 2 tablespoons chopped cilantro
- 2 tablespoons chopped fresh mint
- juice of 1 lime

Directions: Prepare all the salsa ingredients as directed. Mix them and set aside.

Pour the oil in a large skillet and saute the shrimp till well cooked. Serve the shrimp and top each serving with approx. 1/2 cup of mango salsa

1 serv. = 10 g carbohydrates

Suggestion: serve with brown rice and steamed asparagus or green beans.