RECIPES

Mangoes

Brighten up your kitchen with this in-season tropical fruit.

1. PROSCIUTTO-WRAPPED MANGOES

Makes a 16-piece hors d'oeuvre.

Ingredients:

- 2 mangoes, cut into 16 wedges
- 8 slices of prosciutto, ripped in half
- 16 large arugula leaves
- Freshly ground black pepper

Directions: Peel and cut mangoes around the pit into 16 wedges. Roll 1/2 slice of prosciutto around a mango wedge and leaf of arugula, leaving the ends of the mango visible. Top with pepper (and, if you have it, a drizzle of good-quality aged balsamic vinegar).

35 calories, 0 fat in each

2. GREEN MANGO SALAD

Makes four salads.

Ingredients:

- 2 tablespoons fish sauce (such as Thai Kitchen brand)
- 1 tablespoon lime juice
- 1 tablespoon sugar
- 1 teaspoon Sriracha chili sauce
- 1 large unripe (green) mango, shredded
- 1/2 cup shredded peeled carrots
- 2 tablespoons fresh mint leaves
- 2 tablespoons fresh cilantro leaves
- 1/2 cup dry roasted, salted cashews
- 20 jumbo shrimp, peeled and deveined (tail on)

Directions: Preheat a grill or grill pan over high heat. For dressing, combine the first four ingredients. In a separate bowl, combine mango, carrots and chopped mint and cilantro. On the grill, sear shrimp 2 minutes per side. Toss the mango with dressing and cashews. Divide between four plates, and place five shrimp on each salad.

264 calories, 10 grams fat per salad

3. MANGO SALSA

Makes 3 cups of salsa to top grilled fish, meat or black bean soup.

Ingredients:

- 1 mango, peeled and diced
- 1/3 cup red onion, diced
- 1/3 cup chopped cilantro leaves
- 1 diced red bell pepper
- Grated zest and juice of half a lime
- 1 serrano pepper (or jalapeño pepper) seeded and minced
- 1 teaspoon sea salt
- 1 teaspoon chipotle chili powder

Directions: Combine all the ingredients in a bowl and toss. Add more salt to taste. Refrigerate in an airtight container until ready to serve.

33 calories, 0 fat per 1/2 cup

–CAROLYNN CARREÑO