



United States Department of Agriculture

MyPlate KITCHEN

Mango

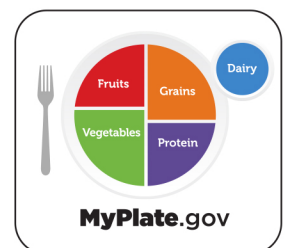


Table of Contents

Peachy Pops	3
Easy Mango Salsa	5
Mango Berry Rotini Salad	7
Veggie Bean Wrap	9
Tropical Morning Treat	11
Tropical Overnight Oatmeal	13

Peachy Pops



Makes: 6 servings

Peachy pops will be the perfect partner to your playful summer picnic. Enjoy these frosty treats on a hot day.

Ingredients

- 2 peaches
- 2/3 cup yogurt, low-fat vanilla
- 2 cups orange juice

6 paper cups

6 spoons

Directions

1. Use a knife to remove the skin from the peaches, and to chop the peaches.
2. Spoon the peaches into each of the 6 paper cups.
3. Place the yogurt in a medium mixing bowl.
4. Slowly pour and stir the orange juice into the yogurt. Mix well.
5. Pour some of the juice and yogurt mix into each cup to cover the peaches.
6. Place a spoon in the center of each cup.
7. Cut 6 squares of aluminum foil big enough to cover the tops of cups. Stab each spoon handle through each piece of foil. The foil will hold the spoon in the center of the cup.
8. Place cups in the freezer for at least 4 hours.
9. Just before serving, peel the paper cups away from the pops to eat.

Source:

Nutrition Information

Serving Size: 1 pop, 1/6 of recipe

Nutrients	Amount
Total Calories	85
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	17 mg
Carbohydrates	19 g
Dietary Fiber	1 g
Total Sugars	16 g
Added Sugars included	3 g
Protein	2 g
Vitamin D	0 mcg
Calcium	54 mg
Iron	0 mg
Potassium	314 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Fruits 3/4 cups



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Easy Mango Salsa



Makes: 4 Servings

Preparation Time: 10 minutes

The sweetness of fresh mango combined with savory pepper and onion and the zest of lime give this salsa a balance of flavors that are refreshing and crisp. Serve this appetizer with baked tortilla chips or whole grain crackers for a tasty snack.

Ingredients

- 1 mango (peeled and chopped)
- 1/4 cup chopped green bell pepper
- 1 green onion, chopped
- 1 lime, juiced (1-2 Tablespoons)

Directions

1. Peel and chop the mango, be sure to remove the seed.
2. Cut the pepper and onion into small pieces.
3. Mix all the ingredients together.

Source:

Iowa Department of Public Health
Iowa Nutrition Network

Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Total Calories	37
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	2 mg
Carbohydrates	9 g
Dietary Fiber	1 g
Total Sugars	8 g
Added Sugars included	0 g
Protein	1 g
Vitamin D	0 mcg
Calcium	12 mg
Iron	0 mg
Potassium	123 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Fruits 1/4 cups



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Mango Berry Rotini Salad



Makes: 4 Servings

Preparation Time: 30 minutes

Mango, berries, spinach, and feta cheese make for a colorful twist on pasta salad, with the perfect balance of sweet and tangy.

Ingredients

- 1 cup (4 oz) whole-wheat rotini pasta, uncooked
- 1 ripe mango
- 1 cup raspberries
- 1 cup blueberries
- 2 cups Fresh Baby Spinach
- 1/2 cup reduced-fat feta cheese

For the vinaigrette:

- 3 tablespoons extra virgin olive oil
- 2 tablespoons raspberry vinegar
- 1 teaspoon sugar
- 1 teaspoon poppy seeds
- 1/4 teaspoon salt

Directions

1. In a small bowl, whisk vinaigrette ingredients; set aside.
2. Boil water and cook rotini according to package instructions. Drain cooked rotini and rinse in cool water.
3. While rotini is cooking, cut mango into chunks, removing peel and pit.
4. Place salad ingredients in a large bowl; drizzle with vinaigrette. Toss gently.

Source:

Produce For Better Health Foundation

Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Total Calories	430
Total Fat	15 g
Saturated Fat	3 g
Cholesterol	5 mg
Sodium	400 mg
Carbohydrates	65 g
Dietary Fiber	14 g
Total Sugars	18 g
Added Sugars included	1 g
Protein	12 g
Vitamin D	0 mcg
Calcium	150 mg
Iron	2 mg
Potassium	287 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Fruits 1 cup
Vegetables 1/4 cups
Grains 1 ounce
Dairy 1/4 cups



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Veggie Bean Wrap



Makes: 4 servings

Cook Time: 25 minutes

These delicious wraps are packed full of flavor and fiber. Mango, cilantro and avocado add a fresh topping to these wraps.

Ingredients

- 2 green or red bell pepper (seeded and chopped)
- 1 onion (peeled and sliced)
- 1 can black beans, 50% less salt (15 ounce, drained and rinsed)
- 2 mango (chopped)
- 1 lime, juiced
- 1/2 cup fresh cilantro (chopped)
- 1 avocado (peeled and diced)
- 4 flour tortillas (10 inch)

Directions

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve 1/2 mixture for topping.
3. Fill warmed tortillas with 1/4 bean mixture and 1/4 mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

Source:

Healthy Latino Recipes Made with Love
California Department of Health Services
California Latino 5-A-Day Campaign

Nutrition Information

Serving Size: 1 prepared wrap, 1/4 of recipe
(506g)

Nutrients	Amount
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Total Calories	458
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Total Fat	11 g
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Saturated Fat	2 g
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Cholesterol	0 mg
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Sodium	599 mg
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Carbohydrates	78 g
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Dietary Fiber	15 g
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Total Sugars	19 g
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Added Sugars included	0 g
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Protein	15 g
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Vitamin D	0 mcg
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Calcium	160 mg
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Iron	5 mg
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Potassium	939 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

Fruits 3/4 cups

Vegetables 1 1/2 cups

Grains 2 1/2 ounces

Protein Foods 2 1/2 ounces



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Tropical Morning Treat



Makes: 4 servings

Enjoy this tasty fruit dish in the morning or as a snack anytime of the day.

Ingredients

- 1/4 cup orange juice
- 1 apple
- 1 orange
- 1 banana

Directions

1. Place orange juice in bowl.
2. Wash apple and dry. Remove the seeds and dice. Coat apple surfaces with orange juice to prevent browning.
3. Peel orange and break into sections. Cut sections into small pieces.
4. Peel and slice banana into 1/4 inch circles.
5. Combine all fruit and orange juice lightly in a bowl and mix together. Chill or serve immediately.

Source:

University of Wyoming, Cooperative Extension, Cent\$ible Nutrition Cook Book, p.fv-21

Nutrition Information

Serving Size: 1/2 cup, 1/4 of recipe (114g)

Nutrients	Amount
Total Calories	67
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	1 mg
Carbohydrates	17 g
Dietary Fiber	2 g
Total Sugars	12 g
Added Sugars included	0 g
Protein	1 g
Vitamin D	0 mcg
Calcium	18 mg
Iron	0 mg
Potassium	233 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

Fruits 3/4 cups



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Tropical Overnight Oatmeal



Makes: 2 Servings

Preparation Time: 5 minutes

Breakfast is a snap with a quick step the night before. Mix oats with yogurt and refrigerate overnight. Add bananas and pineapple chunks in the morning.

Ingredients

- 2/3 cup old fashion oats (uncooked)
- 2/3 cup non-fat milk
- 2/3 cup non-fat Greek yogurt
- 1/8 teaspoon ground allspice
- 1 cup fresh pineapple chunks
- 1 medium banana, sliced
- 2 tablespoons sliced almonds

Directions

1. Mix oats, milk, yogurt and allspice in two bowls or glass jars.
2. Cover and refrigerate overnight.
3. Just before serving, add pineapple, banana, and almonds.

Source:

Produce for Better Health

Nutrition Information

Serving Size: 1/2 of recipe

Nutrients	Amount
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Total Calories	338
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Total Fat	7 g
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Saturated Fat	1 g
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Cholesterol	3 mg
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Sodium	76 mg
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Carbohydrates	54 g
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Dietary Fiber	7 g
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Total Sugars	23 g
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Added Sugars included	0 g
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Protein	19 g
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Vitamin D	1 mcg
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Calcium	N/A
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Iron	N/A
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Potassium	N/A
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

Fruits	1 cup
Grains	1 ounce
Protein Foods	1/2 ounces
Dairy	3/4 cups



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