

Indulge Yourself Healthfully...With Mangos

(NAPSA)—Luscious mangos. They are chock-full of fiber, bursting with antioxidants and provide a tropical zing to any humdrum salad. This Spinach Salad with Mango Vinaigrette is composed of good-for-you spinach, walnuts and tomatoes plus creamy blue cheese and succulent mangos that transform this salad into a dish straight from paradise.

At only 300 calories per serving, this salad is perfect as a side dish or you can double up the amount for an ideal meatless meal. Your family will love this crunchy, juicy, tangy salad that provides a balance of important nutrients. Mangos provide more than 20 essential vitamins and minerals, are an excellent source of vitamins A and C and are rich in fiber. Since they're available year-round, mangos can be your go-to source for sweet, indulgent flavors anytime of year.

Spinach Salad with Mango Vinaigrette

Makes 4 Servings

Prep time: 15 minutes

- 1 (10-ounce) bag baby spinach
- 1½ ripe mangos, peeled, pitted and cubed
- 1 medium tomato, cored, seeded and finely chopped
- ½ cup walnuts, toasted and chopped
- ½ cup green onions, sliced
- ½ cup crumbled blue cheese
- freshly ground pepper, to taste

Mango Vinaigrette

- ½ mango, peeled, pitted and pureed



Mangos can help you make the most of a simple salad.

- 3 tablespoons extra virgin olive oil
- 3 tablespoons white balsamic vinegar
- ¼ teaspoon salt

Instructions:

To Make the Spinach Salad: Place spinach, mangos, tomato, walnuts and green onions in a large bowl. Drizzle with Mango Vinaigrette and toss well to coat. Add blue cheese and toss again very lightly. Serve immediately with freshly ground pepper.

To Make the Mango Vinaigrette: Combine mango, extra virgin olive oil, white balsamic vinegar and salt in a blender container or small food processor; blend until smooth.

Nutritional Analysis Per Serving (4 servings): Calories: 300, Calories from Fat: 180, Total Fat: 20g, Saturated Fat: 4g, Trans Fat: 0g, Cholesterol: 10mg, Sodium: 420mg, Total Carbohydrate: 30g, Dietary Fiber: 6g, Sugars: 18g, Protein: 6g, Vitamin A: 70%, Vitamin C: 80%, Calcium: 15%, Iron: 15%.

Following are tips from the National Mango Board to get the most out of the mango experience:

- Color isn't the best indicator of ripeness. To determine if a mango is ripe, squeeze gently. A ripe mango will give slightly but not be too soft.
- To ripen firm mangos, store at room temperature. They will continue to ripen, becoming sweeter and softer over several days.
- Once ripe, store mangos in the refrigerator for up to five days.
- Mangos may be peeled, cubed and placed in an airtight container in the refrigerator for several days or in the freezer for up to six months.

