

Pop Mangos Into Your Favorite Seasonal Dish

(NAPSA)—Waste not, want not this holiday season. Stretch those traditional staple ingredients even further and add a tropical twist with fresh mangos for a fun spin on comfort food with Mango and Ham Popovers. The dash of cinnamon paired with sweet mango and salty ham is a delicious and unique alternative for your post-holiday dish line-up. Perfect as a warm breakfast treat or light snack the next day, these popovers will help you bring something new to the table.

Mangos bring an essence of the tropics to any dish or beverage. They're an excellent source of vitamins A and C and a good source of fiber.

Mango and Ham Popovers

Makes 6 servings

Prep time: 15 minutes

Cook time: 25 to 30 minutes

- 2 ripe mangos, peeled, pitted and cut into ¼-inch cubes**
- 1½ cups ¼-inch cubes ham**
- 3 tablespoons sliced green onions**
- ½ teaspoon cinnamon**
- 1 tablespoon butter, melted, plus extra-soft butter for coating muffin cups**
- ¾ cup milk**
- ¼ cup water**
- 3 eggs**
- ¾ cup plus 2 tablespoons flour**
- ¼ teaspoon salt (slightly heaping)**



Sweet mangos, salty ham and a dash of cinnamon in this popover recipe will help you bring something new to the table.

Preheat oven to 375°F. Stir together mangos, ham, green onions and cinnamon in a medium bowl. Coat 12 muffin cups liberally with softened butter and fill with equal amounts of mango mixture. Whisk together milk, water and eggs in a medium bowl. Slowly add butter, whisking constantly. Add flour and salt and whisk until smooth. Ladle equal amounts into muffin cups and bake for 25 to 30 minutes or until golden brown. Makes 12 popovers (2 per serving).

Serving note: May substitute leftover turkey for ham.

Warm up with tropical mangos this season and see why they're the world's most popular fruit.

For more recipes and instructions on how to select and cut a mango, visit www.mango.org.

Mangos are available anytime of year to add some sunshine to your plate.

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 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.

