



EATINGWELL™

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25 Fast & Healthy Suppers

ENTICING RECIPES TO PUT ON THE TABLE TONIGHT

MANGO MAGIC ■ SIZZLING STIR-FRIES

HEALTH NUTS ■ 12 EASY DESSERTS

Mango Magic

Cooking with the quintessential fruit of the tropics—
exotic, juicy and easy to love

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WHEN PERFECTLY RIPE, there is nothing like the Alphonso mango of my native India: its flesh melts in your mouth, its sweetness floods your palate, its smooth texture has no fibers to get in the way of nirvana.

In a land where mangoes have been cultivated for more than 4,000 years, impassioned debates can be sparked by statements like this—indeed, by anyone claiming that one or another of India's 125 varieties of mango is the best. Dusehri, Pairi, Totapuri, Langra—they all have their devotees.

I know that my grandmother, were she still alive, would share my reverence for the Alphonso, a fruit of western India, salmon-orange and musky-smelling. I can picture her vigorously nodding her head, agreeing in the oh-so-Indian way, akin to a bobble-head doll. Even though we lived an economically modest life in suburban Mumbai (Bombay), my sister would splurge on the Alphonsoes that annually returned to the marketplace during the oppressive summer months just before the monsoons arrived. She did it to derive utmost pleasure in seeing our frail grandmother perk up as she hobbled across the kitchen, leaned over the sink and devoured the ripe fruit, its sweetness running down her chin onto her frayed and well-worn cotton saree, appeasing her otherwise waning appetite.

Though mangoes were one of my grandmother's lifelong joys, many North Americans are now discovering them for the first time. This tropical king of fruits, seasonal in India, is becoming a year-round choice here, ever more widely accessible at local supermarkets, natural-foods stores, Asian and Latino groceries and mail-order sources. Mangoes are

usually picked green off the tree because if they are allowed to tree-ripen, chances are the insects will get to them before we can. Ripening them on the kitchen counter works well, or enclosing them in a brown paper bag will trap the essential gases for a speedier maturation. The Indian way, as my mother used to do, is to bury the fruit in uncooked rice kernels for the same result.

Mangoes are the world's most heavily consumed fruit, a fact not surprising when there are over 1,000 known varieties. In picking over the relative handful of common mango varieties in my suburban Minnesota supermarket, I savor not only those tender images of my grandmother, but also plot ways to make mangoes omnipresent at breakfast, lunch and dinner.

This highly addictive fruit is a true chameleon in the kitchen. Back in India we devour the ripe mangoes out of hand, puree them with milk and sugar to serve with puffy fried breads, turn them into ice creams, puddings and shakes. The unripe green ones are edible, too, and usually end up in curries, seafood stir-fries, pickles, condiments and chutneys.

In the recipes here, I unveil a new world of incorporating mangoes in salads, savory recipes, sauces and baked desserts. The fact of the matter is, these succulent fruits are low in calories and rich in vitamins, minerals and antioxidants, making them a guilt-free pleasure for an in-between snack or the centerpiece of any meal.

With qualities like these, no wonder the mango and its leaves play such a prominent role in many of India's auspicious and religious functions. Now, if only I could look forward to finding Alphonso mangoes, my pick for the best of all, in my local market.

You'll find common mango varieties like Kent (right), Haden, Tommy Atkins and Keitt in your supermarket.


ingredient note

■ Fresh and dried **CHILES** vary widely in spiciness depending on variety and seasonality. Smaller varieties are generally hotter. What makes chiles hot, capsaicin, is found in the inner membrane and seeds. Add chiles with caution when cooking, tasting as you go.

Mango Salad with Ginger-Raisin Vinaigrette

Healthy \nearrow Weight Lower \downarrow Carbs

PREP TIME: 30 MINUTES | START TO FINISH: 35 MINUTES

 Ginger is the perfect match for mangoes, and this unusual combination with golden raisins and malt vinegar brings great complexity with commonly available ingredients.

DRESSING

- ¼ cup golden raisins
- 1 cup boiling water
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons malt vinegar or red-wine vinegar
- 1 tablespoon finely chopped fresh cilantro leaves and tender stems
- 1 teaspoon minced ginger
- 1 fresh green Thai, serrano or small jalapeño chile, stemmed and finely chopped (see Note)
- ⅛ teaspoon salt

SALAD

- 8 cups mesclun or other mixed baby salad greens (5 ounces)
- 1 large ripe, firm mango, peeled (see page 59) and diced (1½ cups)
- 1 medium red bell pepper, seeded and cut into julienne slices (1 cup)

1. To prepare dressing: Put raisins and boiling water in a small bowl. Let soften for 30 minutes. Drain; transfer the raisins to a blender. Add oil, vinegar, cilantro, ginger, chile and salt. Puree, scraping the sides as needed, until smooth. Set aside 1 tablespoon of the dressing.

2. To prepare salad: Place the greens in a large bowl and toss with the remaining dressing. Divide among 6 plates. Put mango and bell pepper in the bowl; add the reserved tablespoon of dressing and toss to coat. Top the greens with the mango mixture. Serve immediately.

MAKES 6 SERVINGS.

PER SERVING: 118 CALORIES; 7 G FAT (1 G SAT, 5 G MONO); 0 MG CHOLESTEROL; 14 G CARBOHYDRATE; 1 G PROTEIN; 2 G FIBER; 59 MG SODIUM.


NUTRITION BONUS:

Vitamin C
(76% DAILY VALUE),
Vitamin A
(30% DV).

Salmon with Roasted Chile-Mango Sauce

Healthy \nearrow Weight Lower \downarrow Carbs

PREP TIME: 25 MINUTES | START TO FINISH: 30 MINUTES

 Simply broiled, no-fuss salmon is a perfect bed for this robust-flavored sauce, made pungent by red chiles but mellowed by sweet mango. Salmon may also be cooked on the grill, over direct heat, 4 to 6 minutes per side.

- 3 teaspoons extra-virgin olive oil, divided
- ½ cup thinly sliced shallot (about 1 medium)
- 2 teaspoons coriander seed
- 1-2 dried red chiles, such as Thai, cayenne or chile de arbol, stem end removed (see Note)
- 1 medium ripe, slightly soft mango, peeled (see page 59) and diced (about 1 cup)
- 2 tablespoons finely chopped fresh cilantro, divided
- 4 medium cloves garlic, minced
- ½ teaspoon salt
- 1 pound salmon fillet, skin removed

1. Position oven rack in upper third of oven; preheat broiler. Coat a broiler pan with cooking spray.

2. Heat 1 teaspoon oil in a small skillet over medium heat. Add shallot, coriander and chile(s); cook, stirring, until the shallot begins to brown and the spices smell fragrant, 2 to 3 minutes. Transfer the shallot mixture to a food processor or blender. Add the remaining 2 teaspoons oil and mango. Process until almost smooth (it will be slightly gritty from the bruised coriander seed). Transfer the sauce to a small bowl; stir in 1 tablespoon cilantro.

3. Combine garlic and salt in a small bowl. Spread the salted garlic on top of the salmon. Place the salmon, garlic side up, on the prepared broiling pan. Broil, 3 to 4 inches from heat, until opaque in the center, 8 to 14 minutes, depending on the thickness. Serve the salmon topped with the sauce and sprinkled with the remaining 1 tablespoon cilantro.

MAKES 4 SERVINGS.

PER SERVING: 271 CALORIES; 12 G FAT (2 G SAT, 6 G MONO); 72 MG CHOLESTEROL; 14 G CARBOHYDRATE; 27 G PROTEIN; 2 G FIBER; 352 MG SODIUM.

NUTRITION BONUS: Selenium (70% DAILY VALUE), Potassium (23% DV).

mango riches

■ The deep orange color of mangoes comes from a high content of beta carotene, a potent anti-cancer agent. Mangoes also contain vitamin C, fiber, lutein, potassium, and zeaxanthin, phytochemicals known to boost the immune system.




more ideas for mangoes

- For a QUICK MANGO SMOOTHIE, combine 1 cup diced mango, 1 banana and 1 cup vanilla yogurt and a splash of orange juice in a blender.
- For a FRESH SALSA, combine diced mango, avocado, red onion and cilantro with a squeeze of lime.

Shrimp with Mango & Basil

Healthy \nearrow Weight Lower \downarrow Carbs

PREP TIME: 10 MINUTES (if using peeled shrimp) | START TO FINISH: 45 MINUTES

 Simply mentioning the recipe name is enough to draw oohs and aahs from one and all at the dinner table. Guests love every spicy, succulent morsel of the juicy shrimp and sweet-firm mango. Serve with brown basmati rice.

- 1 pound shrimp (21-25 per pound), uncooked, peeled, deveined and tail-on
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon cayenne pepper
- $\frac{1}{4}$ teaspoon ground turmeric
- 1 tablespoon olive oil
- 1 large ripe, firm mango, peeled (see page 59) and cut into $\frac{1}{2}$ -inch cubes (1 $\frac{1}{2}$ cups)
- 1 bunch scallions, green tops only, thinly sliced crosswise (1 cup)
- $\frac{1}{4}$ cup firmly packed fresh basil leaves, finely chopped, or 2 tablespoons dried

1. Toss shrimp with salt, cayenne and turmeric in a medium bowl. Cover; refrigerate for about 30 minutes.
2. Heat oil in a large nonstick skillet over medium-high heat; place the shrimp in a single layer and cook until the undersides turn salmon-pink, about 1 minute. Flip them over and cook for 1 minute more.
3. Add mango, scallions and basil and cook, stirring, until the shrimp is just cooked and starts to barely curl, 1 to 2 minutes. Serve immediately.

MAKES 4 SERVINGS, 1 CUP EACH.

PER SERVING: 183 CALORIES; 5 G FAT (1 G SAT, 3 G MONO); 168 MG CHOLESTEROL; 16 G CARBOHYDRATE; 20 G PROTEIN; 3 G FIBER; 352 MG SODIUM.

NUTRITION BONUS: Vitamin C (57% DAILY VALUE), Vitamin A (30% DV), Iron (20% DV).

Mango Bread Pudding with Chai Spices

Healthy \nearrow Weight

PREP TIME: 20 MINUTES | START TO FINISH: 1 HOUR 35 MINUTES

There is nothing as comforting as a bowl brimming with warm bread pudding. Add mangoes and spices inspired by the world's love affair with Indian chai (tea), and you will make every excuse in the book to indulge in this soothing, after-dinner treat.

- 4 cups stale (but not dry) white bread slices, cut into $\frac{1}{2}$ -inch cubes
- 2 large ripe mangoes, peeled (see page 59) and cut into $\frac{1}{2}$ -inch cubes (3 cups)
- 2 cups skim milk
- 2 eggs, lightly beaten
- 2 tablespoons light or dark rum (optional)
- $\frac{1}{2}$ cup packed dark brown sugar
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground cloves
- $\frac{1}{2}$ teaspoon ground cardamom
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground black peppercorns
- $\frac{1}{8}$ teaspoon salt

1. Position rack in the center of the oven; preheat to 350°F. Coat an 8-inch square baking dish with cooking spray.
2. Toss bread cubes and mangoes together in the baking dish.
3. Whisk milk, eggs, rum (if using), brown sugar, vanilla, cinnamon, cloves, cardamom, ginger, pepper and salt in a medium bowl. Pour over the bread and mangoes; allow the mixture to soak for about 5 minutes.
4. Bake the pudding until it is set and a knife inserted in the center comes out clean, about 1 $\frac{1}{4}$ hours. Serve warm for best flavor.

MAKES 8 SERVINGS, $\frac{1}{2}$ CUP EACH.

PER SERVING: 164 CALORIES; 2 G FAT (0 G SAT, 1 G MONO); 54 MG CHOLESTEROL; 33 G CARBOHYDRATE; 5 G PROTEIN; 2 G FIBER; 175 MG SODIUM.

NUTRITION BONUS: Calcium (11% DAILY VALUE).

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how to cut a mango

- 1.** Slice both ends off the mango, revealing the long, slender seed inside. Set the fruit upright on a work surface and remove the skin with a sharp knife.
- 2.** With the seed perpendicular to you, slice the fruit from both sides of the seed, yielding two large pieces.
- 3.** Turn the seed parallel to you and slice the two smaller pieces of fruit from each side.
- 4.** Cut the fruit into the desired shape.