

Once only grown in India, mangoes now are enjoyed worldwide

LIVING BETTER SENSIBLY



BEVERLY PRICE

Mangoes have been cultivated in India for more than 4,000 years. The Indians believe that the mango tree was born from the ashes of the sun god's daughter. The Portuguese were the first Europeans to discover the fruit and translated its Tamil name from *mankay* to *manga*. They introduced the mango tree into Africa during

the 16th century.

From there, the tree made its way to Brazil and Mexico and then to the southern United States where production grew quite high.

Enjoy them fresh

Today, the mango is the third most frequently consumed fruit in the world and is considered an exotic species. Although they once required specific climatic and cultural conditions, selective breeding and new techniques allows consumers to enjoy fresh mangoes.

Mangoes present themselves

in a wide variety of colors. The Indian Langra are jade-colored, the Romani are rose, the American Haden are purple, and the Sanderaashu are speckled with gray. In Jamaica, they are black. The fruit's tough multicolored skin protects the sweet, juicy pulp, colored yellow or orange. The flesh surrounds a large, flat, fibrous pit, which smells like turpentine.

This juicy fruit will be easier to peel if refrigerated before peeling.

Green mangoes can be pickled in vinegar or dried to be used in making Amchui powder which is a sour seasoning. One of the

finest pleasures of Michigan is the honeyrock melon, which complements the fruit salad in the accompanying recipes.

Mangoes are high in potassium, which is good for blood pressure control, along with vitamin A that can help protect you against chronic diseases such as cancer, diabetes and heart disease.

Cut 'em up

Pat Covert, a registered dietitian with Integrated Nutrition in Farmington Hills, enjoys mangoes, cutting them up with pineapple, bananas, apples or

grapes. Her allergies prevent her from eating much of it.

Barbara Beznos, a registered dietitian with Integrated Nutrition, said fruit has been swept to the wayside because of fad diets, but she recommends fruits like mangoes. "They are satisfying and they consist of vitamins like A, C and Beta carotenoids, minerals like potassium and wonderful fiber," Beznos said.

For varieties, Beznos hears "buzz words" like Irwin, Haden, Keitt, Kent, and Atkins.

Beznos suggests cutting the fruit in half, peeling it, and slicing around the large seed. Avoid

buying the ones with bruises and smell them to check for a wonderful fragrance. "Refrigerate it because it will be ripe," Beznos said. "It is easy to be imaginative with mangoes in your cooking."

"Use them in fruit salads, parfaits, vegetable salads, smoothies, sorbets, pies, fruit salads, chutneys, salsa, and warm grains."

Beverly Price is a registered dietitian and exercise physiologist. Look for her column on the first Sunday of each month in taste. Visit her website at www.nutritionsecrets.com. See related recipes.

Salsas, chutney sweetened with mangoes

Recipes compliments of Barbara Beznos of Integrated Nutrition. See related column on Taste front. The mango salsa is a great salad or side dish with grains or beans.

MANGO SALSA

- 2 cups very finely diced tomatoes
- 2 medium sized cucumbers seeded, peeled and finely diced
- 2 mangoes peeled, cored and finely diced (wash hands after handling because mango skins may cause a rash on hands)
- 2 cups diced yellow or green peppers
- 1 teaspoon garlic powder
- 1/4 cup fresh or dried dill
- 1 tablespoon fresh chopped

chives or fresh sweet onions chopped

- 1/4 teaspoon fresh parsley
- Salt, if desired
- 1 tablespoon olive oil

Mix together all ingredients.

MANGO CHUTNEY

- 1 large green pepper, finely cut
- 1 large red pepper, finely cut
- 1/4 cup yellow raisins
- 3 cups diced mangoes, peeled and cored
- 1 cup mixture of dried pitted prunes, chopped and pitted, and dried apples
- 1 packet sugar
- 1/2 cup orange juice or frozen apple juice concentrate

centrate

Sauté in 1 tablespoon olive oil the green and red peppers. Add raisins, mangoes, dried prunes, dried apples, sugar and juice.

Bring mixture to a boil, reduce heat and simmer until most liquid is evaporated. Cool and serve.

CUCUMBER SALAD WITH MANGO

- 3 very large cucumbers, peeled and cut in half lengthwise, then sliced
- 2 mangoes, peeled, cored and cubed
- 1/2 cup finely chopped green peppers
- 1/2 cup finely diced onions or leeks
- 2 tablespoons dill, fresh
- 1/4 cup ice cold water

- 1 tablespoon olive oil
- 1 teaspoon sugar
- Salt, if desired

Mix ingredients into bowl.

MICHIGAN HONEYROCK MANGO, FRUIT AND RUT SALAD

- 2 cups, sweet honeyrock melon, cut into small cubes
- 4 mangoes, peeled, cored, and cut into the same size as melon
- 3 apples peeled, cut into bite-sized pieces
- 2 cups pineapple, peeled, cored and cut

Put into glass bowl with 1/2 cup ice cold water mixed with 1/4 cup sweet liqueur top with whole or halved cashews.



WEBER'S BIG BOOK OF GRILLING

Roll eggplant: Slice eggplant into planks, then grill and spread goat cheese, add tomatoes, and you'll have a unique dish.

Roll up variety with eggplant, goat cheese and tomatoes

EGGPLANT ROLL-UPS

- 8 planks globe eggplant, about 1/4 inch thick each and 3 to 4 inches wide

Extra-virgin olive oil

- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper

Spread:

- 1 teaspoon finely chopped fresh Italian parsley
- 4 ounces soft goat cheese
- 2 cups coarsely chopped ripe tomatoes

Dressing:

- 3 tablespoons extra-virgin olive oil
- 2 teaspoons fresh lemon juice
- 1 teaspoon balsamic vinegar
- 1/2 teaspoon minced fresh thyme
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

Garnish:

- 1/4 cup finely chopped fresh basil

Brush or spray both sides of the eggplant planks with olive oil and season with the salt and pepper. Grill over direct medium heat until tender, 5 to 7 minutes, turning and basting with oil once halfway through grilling time. Remove from the grill and allow to cool.

Mix together the parsley and goat cheese. Spread 1 tablespoon evenly over one side of each eggplant plank. Starting at one end, roll up the eggplant. Arrange the roll-ups on a platter or individual plates. Surround with the tomatoes.

To make the dressing: In a small bowl whisk together the dressing ingredients.

Drizzle the dressing over the eggplant roll-ups (you may not need to use all of it). Garnish with the basil. Serve at room temperature.

Makes 4 servings.

Recipe courtesy of Weber's Big Book of Grilling.

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Cool off with Italian bread salad

BY THE ASSOCIATED PRESS

Among the dishes offered at this year's Napa Valley Wine Auction was a panzanella, devised by the one of the chefs cooking at the charity event, Annie Roberts, of the Robert Mondavi Winery.

Roberts' panzanella is a refreshing version of the traditional Italian bread salad.

PANZANELLA (ITALIAN BREAD SALAD)

- 1/2 pound crustless day-old Italian bread, torn into 1-inch pieces
- 2 tablespoons olive oil
- 1 medium English cucumber, peeled, seeded, and cut into 1/2-inch cubes
- Salt
- 2 tablespoons balsamic vinegar
- 1 tablespoon sherry vinegar
- 1 teaspoon minced garlic
- 1/3 cup extra-virgin olive oil
- Freshly ground black pepper
- 11/2 pounds ripe tomatoes (about 5), seeded and cut into 1/2-inch cubes
- 1/2 medium red onion, thinly

sliced

- 1/2 cup kalamata olives, pitted and cut in half
- 1/4 cup basil chiffonade (very finely minced basil)
- 1/2 head radicchio, torn into bite-size pieces
- 1 head baby fennel (pale, feathery salad green), trimmed and cut into 2-inch pieces
- 1 cup feta cheese, crumbled

Toss the bread pieces with 2 tablespoons olive oil. Toast them in a 375 F. oven until golden.

Spread the cucumber pieces on a paper towel and sprinkle with 1 teaspoon salt. Let stand about 20 minutes. Pat dry.

In a large bowl whisk together the vinegars, garlic and 1/3 cup extra-virgin olive oil. Season with salt and pepper to taste. Add the cucumbers, tomatoes, onions, basil, radicchio, olives, fennel and the bread. Toss to combine. Makes 8 servings.

Nutrition information per serving: 410 cal., 27 g fat, 14 g pro., 28 g carbs., 50 mg chol., 880 mg sodium.