

Mango Guacamole

Offering sweet and tangy notes, mangos balance perfectly against rich and creamy avocado. Try this guac as a dip with chips or as a topping for fish or chicken tacos. For a step-by-step guide to mango prep, see [How to Cube a Mango](#), below.

Yield: Serves 8 (serving size: about 1/3 cup guacamole and 6 chips)

Source: Cooking Light

Ingredients

3/4 cup diced peeled mango
1/4 cup chopped red onion
1/4 cup chopped fresh cilantro
1 1/2 tablespoons fresh orange juice
2 teaspoons fresh lime juice
1/2 teaspoon kosher salt
2 firm ripe peeled avocados, diced
1/2 finely chopped seeded serrano chile
48 tortilla chips or pepper strips

Preparation

1. Combine first 8 ingredients in a large bowl; toss to combine. Serve guacamole with tortilla chips.

How to Cube a Mango

If you know a mango's anatomy, it's easy to prep: The fruit has a flat, oval pit in the center that runs parallel to the "cheeks," which are the fleshiest part. The bottom (stem end) is squat, and the top, or "nose," is tapered. Here's how to cube it:

1. Stand the mango on its stem end. Starting at the nose, and using the flat sides of the pit as a guide, slice off both cheeks.
2. Score a 1/2-inch-wide crosshatched pattern into the flesh of each cheek, cutting to (but not through) the mango skin.
3. Press the skin side to invert. Slice cubes from the skin. Or, without inverting, scoop out diced flesh with a spoon.

Nutritional Information

Amount per serving: Calories 154, Fat 10.4 g, Sat fat 1.3 g, Mono fat 7.1 g, Polyfat 1.4 g, Protein 2 g
Carbohydrate 14 g, Fiber 5 g, Cholesterol 0.0 mg, Iron 0.0 mg, Sodium 158 mg, Calcium 9 mg

