Mangos have a thin, flat pit located in the center of the fruit. The skin of the fruit is bitter, but full of fiber and other nutrients! You want to pick a mango that is slightly soft to the touch. This ripeness will have the sweetest flavor.

**Before You Start**

**Cutting Into a Mango**

- **Step 1:** Wash the mango.
  Disinfecting produce helps prevent illness.
- **Step 2:** Stand on its end, stem side up.
- **Step 3:** Cut down from the top as close to the pit as possible.
  You will cut into the top about 1 millimeter from the stem. Repeat on both sides.
- **Step 4:** Once the pit is revealed, cut the remaining fruit flesh from the pit.
- **Step 5:** Slice or cut into cubes while the mango is still in the peel.
- **Step 6:** Use a large spoon to scoop out the pieces.
  Repeat on all slices of mango.
Step 1: Cut and cube the mango according to the steps on the previous page.

Step 2: Take a cookie sheet or large plate and cover it with parchment paper or wax paper. Place the mango cubes on the paper evenly.

Step 3: Cover with plastic wrap and place in freezer until completely frozen.

Step 4: Place the frozen pieces into a freezer bag and remove as much air as possible. Seal bag and freeze flat to save space.

Step 5: Freeze up to 6 months!

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**Storage**

Store fresh mangos at room temperature outside of the refrigerator.

A ripe mango will last 1-3 days.

A less ripe mango will last up to a week.

Once peeled, refrigerate mango for up to 5 days.

To accelerate ripening process, place in a brown paper bag.

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**Recipe**

**Fresh Mango Salsa***

**Ingredients**

- 2 large ripe mangos
- 1 small cucumber
- 2 medium green onions
- 1 medium jalapeño pepper
- 1/4 cup fresh cilantro (optional)
- 2 medium limes, or 4 tbsp lime juice
- 1/2 tsp salt
- Pinch cayenne pepper
- 1 bell pepper, any color

**Directions**

1. Rinse mangos, cucumber, green onions, jalapeño pepper, limes, and bell pepper.
2. Peel mangos. Cut mango flesh from the pits and skin. Dice mango.
4. If using, rinse and chop cilantro. Cut limes in half and squeeze juice from each half into a medium bowl. Discard seeds.
5. Add mangos, cucumber, green onions, bell pepper, jalapeño, salt and cayenne pepper to the bowl with juice. Add cilantro if using. Mix well.

*recipe from Share Our Strength

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