



### GO MANGO



Apples, bananas, oranges. No one wonders how to eat or serve them. But **mangoes** are a different story.

Many shoppers pass the reddish-yellowish-greenish fruits right by because they have no clue how to pick, peel, or prepare them. Too bad.

Just one cup of mango supplies 76 per cent of a day's vitamin C, 13 per cent of a day's vitamin A, 7 per cent of a day's blood-

pressure-lowering potassium, and 3 grams of fibre, all for only 110 fat-free, sodium-free calories.

Bonus: mango is one of the fruits and vegetables least likely to have harmful pesticide residues.

So exactly how do you deal with a mango?

First, look for a slightly soft fruit if you want to eat it soon, or a firm fruit if you'll be waiting several days. (Colour isn't a good sign of ripeness.) Store at room temperature if you want it to ripen more, or in the fridge if it's already ripe.

Then peel (a paring knife works best), slice (you'll have to cut around the large, flat pit in the middle), and smack (your lips).

If you can resist the temptation to gobble it up on the spot, try adding mango slices to a green salad with sliced avocado and sesame dressing. Or throw a handful of mango chunks into a berry-rich fruit salad.

Then there's mango salsa (diced mango, fresh lime juice, thin-sliced red onion, fresh cilantro, and diced jalapeño pepper). Or try adding diced mango to curried chicken or a shrimp salad.

Whatever you do, don't let your chance to savour a mango go by.

### GETTING TOO GRANDE

Fed up with skimpy frozen entrees that leave you hungry? No worries. **Michelina's** now offers 10 **Grande** frozen dishes with a hearty "1 lb serving" of food.

"Mama Michelina cared about ensuring that the people around her were well fed," says the Web site. "She brought the best of Italy to her kitchen with the authentic ingredients, great pasta, and the perfect blend of herbs and spices."

Well fed is right. The **Grande Fettuccine Alfredo** serves up 670 calories, mostly from white-flour pasta and "modified milk ingredients." (That's almost 300 calories more than Mama's regular Fettuccine Alfredo.) You can breeze through three-quarters of a day's saturated fat (14 grams) and sodium (1,090 milligrams) and 1 gram of trans fat without bothering with a vegetable or fruit. So efficient!

Or try the 650-calorie **Grande Macaroni and Cheese**. Who knew that Mama Michelina's "original recipe" included "process cheese spread"? Or that she uses enough milk ingredients, margarine, and partially hydrogenated cottonseed oil to supply the dish with 1 gram of trans fat (along with 10 grams of sat fat)?

The **Grande Macaroni and Beef** is slightly lower in calories (560) and sat fat (7 grams), but it compensates with roughly a day's sodium (1,370 mg). No doubt, some of it comes from Mama's authentic beef base with its salt and Old World autolyzed yeast extract and caramel colour.

These are grande dishes for people who will soon be shopping for grande-size pants.

**Michelina's: (877) 432-5801**



**dish**  
OF THE MONTH

**Steam or grill 450 grams of asparagus. Whisk together 2 Tbs. mayonnaise with 1 Tbs. lemon juice, 2 Tbs. Parmesan cheese, and some freshly ground black pepper. Drizzle the dressing over the cooked asparagus. Or try it on cooked broccoli or cauliflower.**

Photos: Yasomya/fotolia.com (left), Narmita Davis (right).

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