

School adult representative: Florenzo Babauta-Tanapag  
 Grade group: (K-3?, 9-12?) 4th -6th  
 Name of Student(s): Julie Ann Long, Magdalena Lieto  
 Please be **specific** on the amount and type of each ingredient used.  
 Use standard cooking measures, such as cup, teaspoon, tablespoon, pound, ounce, etc.  
 PSS Nutritionist will do the nutrient analysis.



**Name of Recipe:** Crunch Mango & Cucumber Salad  
**Featured Ingredient:** Mango  
**How many servings does this recipe make?**  
 (number) 

4 to 6
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**Do not write in this area-- FNS Use Only**

Ingredient	Amount	Cal	Fat	Sat Fat	Tran Fat	Na	CHO	Sugar
Jicama (Singkamas)	1 #	170				18	40	8
Cucumbers	2 medium	135				18	33	15
Mango	3 medium	605	4			10	151	137
Cilantro	1/4 bunch	5				9	1	
Red Chile, dried	1 tsp	6				2	1	
Lime juice	of two limes	22				2	7	1
Olive Oil, extra virgin	(no more than 2 tsp)	80	9	2				
Kosher salt	(no more than 1/2 tsp)	0				1163		
	<b>Total</b>	<b>1023</b>	<b>13</b>	<b>2</b>	<b>0</b>	<b>1222</b>	<b>233</b>	<b>161</b>
	per serving (6)	170.5	2.1667	0.3333	0	203.67	38.833	26.833

Nutrition: Source of potassium, fiber, folate, Vitamin C.

Any additional ingredients and preparation instructions:  
 1. Peel and cut jicama into 2" long wedges (the size of a large oven fry).

Do not write in this area

2. Slice the cucumbers in half, scoop out the seeds and then cut into wedges so that they are similar sized to the jicama
3. Peel the mangos, cut off the cheeks, slice into wedges
4. Combine all ingredients in a large mixing bowl with the cilantro leaves, powdered chili, and lime juice
5. Drizzle a little fresh olive oil and toss well to coat
6. When ready to serve, season with a little salt and garnish with fresh cilantro leaves.

