**Fresh Mangos with Lime and Ginger**

Looking for a simple, yet elegant dessert? Here's a recipe that takes less than 10 minutes to prepare, yet is much lower in sugar than most desserts, and is full of rich, yet delicate flavors.

When shopping for mangos, find ones that will give slightly to pressure when pressed. They vary in color from red to yellow to green. The flesh should be a deep orange color. Add more sugar if they are not ripe, and less to none if fully ripe. Let me know how you liked it! Send me an email at rogersn@email.arizona.edu.

**Ingredients**

- 2 Tablespoons lime juice (juice of one lime)
- 1 Tablespoon sugar
- 2 large mangos, cut in squares
- 10 or more pieces of crystallized ginger

Optional: 3-4 fresh basil or mint leaves, cut into small pieces

To cut the mango, wash and dry, then cut a bit off one end so you can hold it vertically. Then about ½ inch from the center, cut the flesh away from the seed. On the slice, use a knife to cut a checkerboard pattern in the flesh, then use a spoon to scoop out the flesh.

Place all ingredients in a bowl, and toss lightly. Serves 4.

**Nutrient Analysis per serving**

- 100 calories
- 27 g. carbohydrate
- 2 g. dietary fiber
- 2141 iu Vitamin A (43% of daily needs for an adult)