

Honey Glazed Mangos

Ingredients:

- 4 very ripe mangoes
- 1 Tbsp honey
- 1/4 teaspoon nutmeg
- 4 Tbsp non-fat vanilla yogurt

Directions:

Slice mangoes into strips and place them in a medium microwave-safe dish.

Drizzle honey over the top of the mangoes and sprinkle with nutmeg. Stir well and microwave on full power until the mangoes are soft, about 3-5 minutes. Top with yogurt and serve warm.

Nutrition Facts:

Serves 4. Each 1/2 cup serving contains 231 calories, 2 grams of fat, 0 grams of saturated fat, 0 grams of trans fat, 1 milligram of cholesterol, and 14 milligrams of sodium. It also has 52 grams of sugars, 5 grams of fiber, 57 grams of carbohydrates, and 4 grams of protein.

Cook's Notes:

To cut the mango, place it stem side down on a cutting board and grab a sharp knife. Slice from the top of the mango down one side of the pit. Repeat on the other side. Take the two pieces of mango that you have just cut off the pit, and make vertical slices that cut through the fruit, but not the peel. These will be your mango strips that you can feature in the dish. Depending on the ripeness of your mango and the sharpness of your knife, you may



be able to peel each strip away from the skin with your fingers, but if that doesn't work, place the knife parallel to the skin and slice off the strips in one fell swoop. Repeat with the other -- pit-free -- part of the mango. Lay the remaining piece of the mango flat on the cutting board and make horizontal slices into it until you have cut the remaining fruit from the pit.

Make the Switch:

Like puddings or mousses? Then this rich tasting dish is perfect for you! It reaches great heights of flavor, without becoming a calorie, sugar, and fat bomb in the process.