

Holiday Cooking

Make Mango Memories This Holiday Season

(NAPSA)—Ah the holidays, a time for family, memories...and mangos? You may be surprised to learn that the world's most popular fruit is available year-round and makes a sumptuous addition to many fall and winter holiday classics. Why not freshen up your traditional yam recipe with mangos? When it's cold outside, this Mango and Almond Yams dish will bring a taste of the tropics to your table. Your family and friends will delight in the unique flavor combination of yams, almonds, and exotic mangos with a touch of brown sugar. Mangos add a natural sweetness to the dish and provide important nutrients, such as vitamins A and C. Serve this tropical holiday treat and create a new tradition for years to come.

Mango and Almond Yams

Prep time: 20 minutes

Cook time: 40 to 55 minutes

Makes 12 servings

- 4 pounds yams or sweet potatoes**
- ¾ cup brown sugar**
- 1½ teaspoons cinnamon**
- 2 medium ripe but firm mangos, peeled, pitted and diced**
- ¼ cup butter, cut into small pieces**
- ¾ cup sliced almonds**



Peel yams and cut into ¼-inch slices; drop into a bowl of water to keep from discoloring. Drain water and transfer to a large pot fitted with a steamer basket.

Steam yams for 10 to 15 minutes or until tender when pierced with a fork. Preheat oven to 350 degrees and lightly butter a 13 x 9-inch baking dish. Stir together the brown sugar and cinnamon. Place half the yams and mangos in the baking dish and coat with brown sugar mixture. Disperse small butter pieces over first layer. Repeat layers. (Dish may be covered and refrigerated for up to 24 hours at this point.) Bake at 350°F for 20 minutes; sprinkle with almonds and cook for 20 minutes more.

Mango Tips

- Mangos come in a variety of colors—many shades of green, yellow and red.
- Color isn't the best indicator of ripeness. To determine if a mango is ripe, squeeze gently. A ripe mango will give slightly but not be too soft.
- To ripen firm mangos, store at room temperature. They will continue to ripen, becoming sweeter and softer over several days.
- Once ripe, store mangos in the refrigerator for up to five days to slow down ripening.
- Learn more at www.mango.org.

