

# Don't Skip A Beat With The I ♥ Mango Tart

(NAPSA)—When cooking up a romantic dinner for two, reach for the fruit that is revered as a symbol of love in some countries—the luscious mango. With its intense fruity flavor and aroma, the mango is a perfect partner to help you celebrate with your special someone.

For a sweet yet sultry end to your meal, try Ingrid Hoffmann's "I Heart" Mango Tart, which shines with a flaky crust, fresh mango and a crumbly cinnamon and coconut topping. The tropical flavors will transport you to a paradise for your senses and create a memorable evening for two.

Need more reasons to keep mangos near and dear to your heart? Not only do versatile mangos bring an essence of the tropics to an array of dishes and beverages, but they are available year-round and are an excellent source of vitamins A and C and a good source of fiber, making them a healthy way to tempt the taste buds anytime of year.

## "I Heart" Mango Tart

*Makes 6 Servings*

*Prep Time: 10 minutes*

*Cook Time: 10 to 12 minutes*

**6 frozen 3-inch individual tart shells**

**3 ripe mangos, peeled, pitted and diced**

**½ cup sugar, divided**

**1 tablespoon lemon juice**

**¼ teaspoon salt**

**1 cup all-purpose flour**

**1 cup sweetened flaked coconut**

**½ teaspoon cinnamon**

**½ cup (1 stick) butter, at room temperature**



**A sweet tart for your sweetheart.**

**Preheat oven to 375°F. Spray a cookie sheet with non-stick spray and place tart shells on sheet.**

**To make the topping: Combine the flour, coconut, cinnamon and the remaining ¼ cup sugar in a large bowl. Add butter, squeezing mixture together to form a loose ball, then break into small pieces and sprinkle evenly over each tart. Bake until filling is bubbly and topping is golden, about 10 to 12 minutes.**

**To make the filling: Combine the mangos, ¼ cup sugar, lemon juice and salt in a large bowl; spoon into the tart shells.**

**Serve with whipped cream and diced mango.**

To see a video of Ingrid Hoffmann preparing her "I Heart" Mango Tart, visit [www.mango.org/loveyourmango](http://www.mango.org/loveyourmango). For more recipes and instructions on how to select and cut a mango, visit [www.mango.org](http://www.mango.org).

Mangos are available anytime of year to add some sunshine to your plate. Following are tips from the National Mango Board to get the most of the mango experience:

- 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.
- Mangos may be peeled, cubed and placed in an airtight container in the refrigerator for several days or in the freezer for up to six months.