



Mango Sauce

INGREDIENTS:

1 each Mango, cut into cubes
¼ cup Rice wine vinegar
¼ cup Orange juice, concentrate

PREPARATION:

- Warm medium sauce pan or sauce pot.
- Then place cut mango and its core along with the vinegar and orange juice.
- Let simmer until mango is really soft and ready to puree in blender.

Chef's Note: If mango is not ripe you can still cut and cook; but cook with about 1 cup of water until soft then add the vinegar and orange juice and simmer for about 5 minutes. Then puree in blender and serve with your coconut shrimp or over grilled/baked fish.

Number of Servings: 4

Serving Size: ¼ cup

Calories: 70

Fat: 0

