



MARY'S MEMO

Recipes • Menu Ideas • Shopping • Cooking Tips

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Chief and Rays Supermarkets

HAPPY CINCO DE MAYO!

Cinco de Mayo is Spanish for the fifth of May and commemorates the Mexican militia victory over the French at the Battle of Pueblo on May 5, 1882. Although it's celebrated in Pueblo, it's more of an American celebration when American Hispanics use the occasion to celebrate their heritage.

For Cinco de Mayo we're featuring a fruit salsa recipe from the *Fresh Market 25th Anniversary Cookbook*. I served it earlier this spring at the Bryan Chief, following the recipe the first day and finely dicing fruits and peppers. Mixture tasted good but looked like a relish. The second day I chopped with my chef's knife but left pieces recognizable. It didn't take any longer to do than when I used a Pampered Chef chopper to dice fine the first day. I also recommend that the salsa be made on the day it's served. To save time, hull the strawberries the night before but do not wash and go ahead and get the rest of the fruits and bell peppers ready for chopping but keep separate. Hot pepper jelly gives it zing. I guarantee your guests will say ole!

FRESH FRUIT SALSA

- 3 kiwis, peeled
- 1/4 cup hot pepper jelly
- 1 mango, coarsely chopped
- 4 cups strawberries, coarsely chopped
- 2 tablespoons honey
- 1 yellow bell pepper, coarsely chopped
- 1 green bell pepper, coarsely chopped
- 2 tablespoons turbinado sugar

(turbinado is raw sugar and Chief and Rays carry it)

Slice peeled kiwis in half, then in half again to make 4 wedges each. Thinly slice each wedge into a mixing bowl. Add remaining ingredients and toss carefully to combine. Refrigerate 1 hour or until ready to serve. Recipe makes 10 servings. Serve with Cinnamon Pita Chips.

CINNAMON PITA CHIPS

- 3 pitas or flour tortillas
- 4 tablespoons butter, melted
- 1 tablespoon cinnamon
- 1/2 cup sugar

Preheat oven to 400°F. Brush sides of each tortilla with butter and cut in eighths. In small bowl combine cinnamon and sugar with a fork. Sprinkle over tortillas and bake on cookie sheet for 8 to 10 minutes or until golden brown. Recipe makes 24 chips.

SOURCE: Adapted from recipe in *The Fresh Market & Friends 25th Anniversary Cookbook*.

FROM THE COOKBOOK SHELF

Keeping with a Cinco de Mayo theme this week, Chronicle Books' *Skinny Dips* by Diane Morgan has some appropriate dips for the occasion including Mango Guacamole. Author Mor-

gan says the addition of mango prevents the dip from turning brown, even after two days in the refrigerator. And the skinny news is that a 1/4 cup serving (4 tablespoons) contains only 36 calories! Nutrition facts about each dip are included with all 60 recipes.

For more information, recipes, tips and videos from Diane Morgan, check her web site at www.DianeMorganCooks.com.

MANGO GUACAMOLE

- 1 large, ripe mango, peeled, pitted and coarsely chopped
- 1 large ripe Hass avocado, halved, pitted and coarsely chopped
- 3/4 cup chopped red onion
- 3 tablespoons seeded and minced jalapeño chili
- 1/2 teaspoon minced garlic
- 1/3 cup sliced green onions
- 1/2 tablespoon fresh lime juice
- 1-1/2 teaspoons kosher or sea salt

In the work bowl of a food processor fitted with the metal blade, pulse the mango, avocado, red onion, jalapeño and garlic until creamy and finely textured but not pureed. Transfer to a bowl and stir in green onions, lime juice and salt. Taste and adjust the seasoning. Transfer to a serving bowl and serve immediately with baked tortilla chips.

SOURCE: *Skinny Dips* by Diane Morgan; Chronicle Books, \$18.95.

BREAKFAST SHOULD BE LOW IN CALORIES

While people trying to lose weight are encouraged to eat breakfast every day, certain breakfast foods, like those high in simple carbohydrates and sugars (for example doughnuts and pastries) should be avoided.

"Like anything else, breakfast is about nutritious food that is filling," says Lynn Goldstein, RD, a dietitian at Weill Cornell Medical College. "You want to incorporate a good protein with fruit and/or vegetables and whole grains. It should also be low in fat and sugar."

SOURCE: *Weill Cornell Medical College Food & Fitness Advisor*, April 2011.

PEOPLE WHO EAT MORE PRODUCE LESS LIKELY TO DIE OF HEART DISEASE

According to University of Oxford research, eating just one more serving of fruits or vegetables daily cut the risk of dying of heart disease by 4 percent in an observational study of more than 300,000 Europeans in 10 countries. And people who ate the most produce, eight or more daily portions, were 22 percent less likely to die of heart disease than those eating two or fewer daily portions of fruits and vegetables.

SOURCE: *Tufts University Health & Nutrition Letter*, April 2011.