



## Fiesta Mango Salad Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>40</b>
<b>Serving Size</b>	<b>10</b>

### Ingredients:

- 1 pc apple, red, cut into tidbits and soaked in fruit cocktail syrup
- 1/2 kg mango, ripe, cut into cubes
- 2 Tbsp cashew nuts, toasted and diced
- 1 can DEL MONTE Fiesta Fruit Cocktail (836g)

### FOR THE DRESSING

- 3/4 cup all-purpose cream, chilled
- 1/4 cup condensed milk, sweetened

### Preparation:

1. Drain apples well. Mix with other ingredients except dressing. Set aside.
2. Combine ingredients for dressing. Mix well. Mix with fruits. Chill until ready to serve.

### Chef's Tip

Soaking the apple in fruit cocktail syrup prevents it from discoloring.

### Lusog Notes

This yummy dessert is a source of vitamin A that helps maintain healthy skin and vitamin C which aids in wound healing and helps resist infections.

### Cooking Skills Needed

- Mixing

### Cooking Tools

- Chopping Board