



Fiesta Mango Salad Recipe

Preparation Time	10
Cooking Time	40
Serving Size	10

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