

## how to cut a mango



### SELECT

Choose a ripe mango that smells sweet and is slightly soft when you gently squeeze it.



### STORE

Store whole mangos at room temperature, until they are soft. Store whole ripe, soft mangos in the refrigerator for up to 5 days. Store peeled, cut mango in the refrigerator for up to 5 days, or in the freezer for up to 6 months.



### PREPARE

A mango has one long, flat seed in the center of the fruit that you need to cut around.

1. Lay the mango down on a cutting board with the stem facing away from you.
2. Cut lengthwise on each side, about  $\frac{1}{4}$  inch away from the middle of the mango.
3. Carefully slice the flesh, without breaking through the peel.
4. Use a spoon to scoop out the slices.



Serve  
**mango sticks**  
as a sweet  
snack!

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