

## Grilled Spiced Mango

- **Yield:** Serves 8 : serving Size ¼ mango

### Ingredients

- 2 large mangoes, peeled
- 1Tbsp. olive oil
- ¼- ½ tsp. cayenne pepper or mild chili powder
- ½ tsp kosher salt
- ¼- ½ tsp. freshly ground black pepper
- 1 large lime, halved

### Preparation

1. Coat a grill rack from an outdoor gas grill with cooking spray and set it 6 inches from the heat source. Preheat the grill to medium.
2. Slice the mango from the pit into 2 pieces (slice the larger rounded parts of the mango on both sides of the pit). Lay the 2 pieces cut side down on a cutting board, and cut into ½ inch-thick slices.
3. Add the mango slices to a shallow baking dish. Drizzle with Olive oil to coat. Sprinkle with cayenne pepper, salt and black pepper. Grill the mango slices for about 2 minutes per side.
4. Transfer to a serving platter and squeeze lime juice over the slices.

### Nutritional Information: Amount per Serving: Calories: 60

Fat: 2g Protein: 0.g Carbohydrate: 12.0g Fiber: 1.0g Cholesterol: 0mg  
Sodium: 120mg Potassium 110mg Phosphorus 10mg

