FRESH AVOCADO & MANGO SALAD

MAKES 4 SERVINGS

INGREDIENTS

1 cup avocado, diced large
1 cup mango, diced large
1 cup cucumber, sliced large
8oz Bibb or butter lettuce, hand torn
½ lime, juiced
1 tsp fresh garlic, minced
¼ cup rice wine vinegar
1 tsp fresh ginger, minced
2 TBSP low-sodium soy sauce*
⅓ cup vegetable or avocado oil
Sea salt & fresh ground pepper, to taste

Pickled Red Onion:

¼ red onion, sliced as thin as possible
½ cup rice wine vinegar

Optional:

1 tsp tri-color sesame seed mix**, plus more for garnish

For added heat:

1 pinch crushed red pepper flakes
1 tsp chili-garlic sauce

**May be substituted with coconut aminos*
***A mix of white, black, & toasted sesame seeds*

DIRECTIONS

Prepare the pickled red onion ahead of time so it can be ready to add to the salad. Combine ingredients and let sit in the refrigerator for at least one hour before use.

In a small mixing bowl, combine the lime juice, garlic, red pepper flakes, sesame seed mix, chili-garlic sauce, ginger, soy sauce, and vinegar. Use a whisk to mix ingredients thoroughly. Slowly whisk the vegetable or avocado oil into the rest of the sauce. Taste and adjust the seasoning with salt and pepper.

In a medium-sized mixing bowl, add the avocado, mango and cucumber. Add half of the sauce to the fruit and vegetable mixture and carefully stir to coat. Arrange the torn lettuce leaves around the edge of a large serving bowl and add the dressed avocado mixture to the middle.

Lightly dress the lettuce leaves with some of the reserved sauce. Garnish the salad with some extra sesame seed mix and pickled red onions. Serve cold.

GRILLED MAHI-MAHI WITH MANGO FRIED RICE

MAKES 4 SERVINGS

INGREDIENTS

4 (6oz) Florida mahi-mahi fillets
1 large mango, peeled and chopped (seed removed)
2 Eggs
2 tsp Japanese 7 Spice blend*
2 tsps vegetable oil, divided
4 cups pre-cooked rice (leftover rice is the best to use)
1 bunch scallions, rinsed, chopped small
1 teaspoon fresh garlic, chopped fine
1 tsp fresh ginger, peeled and chopped fine
2 TBSP low sodium soy sauce** (plus more to serve on the side if desired)
1 tsp tri-color sesame seed mix***
Sea salt & fresh ground pepper, to taste

Optional:

Fresh cilantro, for garnish

For added heat:

1 chili pepper, sliced

**AKA shichimi, can sub with Chinese 5 Spice Blend*
***May be substituted with coconut aminos*
****A mix of white, black, & toasted sesame seeds*

DIRECTIONS

Preheat a charcoal grill, grill pan, or cast iron pan to medium-high. Season the fish fillets evenly with 1 teaspoon of the spice blend. Lightly and evenly drizzle 1 teaspoon of the vegetable oil over the seasoned fillets. Carefully place the seasoned and oiled fillets on the preheated grill or grill pan. Let cook for 2 to 3 minutes before carefully flipping each fillet. Let cook for another 2 to 3 minutes. If cooking on a charcoal grill, move the fish fillets to a cooler spot on the grill so they can finish cooking. If using a grill pan or cast iron pan, place in a 375-degree oven until the fillets are cooked through.

While the fish is cooking, preheat a wok or large sauté pan over medium-high heat. Add 1 teaspoon of vegetable oil to the preheated pan. Carefully crack each egg and add to the oiled sauté pan. Cook and scramble the eggs by working them around the pan. When the eggs are cooked and scrambled, add the garlic, ginger, hot chilis if desired and diced mango. Continue to cook while stirring. Season the egg mixture with the remaining teaspoon of the spice blend. Make a spot in the middle of the pan to add the pre-cooked rice. Continue to cook ingredients while stirring. Add the sesame seeds and chopped scallions and continue to cook for another couple minutes. Carefully add the soy sauce and continue to stir. Taste and adjust seasoning with salt and pepper. Remove fried rice from the heat and let sit for 2 minutes before serving.

Serve the grilled mahi-mahi with the mango fried rice. Garnish with sprigs of fresh cilantro if desired. Serve with extra soy sauce.

MANGO SUPERFOOD PARFAIT

MAKES 4 SERVINGS

INGREDIENTS

2 ripe Florida mangoes
2 cups vanilla Greek yogurt*
1 cup heavy whipping cream
1 tsp powdered sugar
2 cups superfood granola**

**AKA shichimi, can sub with Chinese 5 Spice Blend*
***May be substituted with coconut aminos*
****A mix of white, black, & toasted sesame seeds*

DIRECTIONS

Place a medium-sized mixing bowl in the freezer to get cold.

Peel both mangoes (you can also use the "hedgehog" method to dice up the mango and remove from skin). Dice one of the mangoes into small pieces and set aside. Remove seed from the second mango and add to a food processor or blender to puree. Strain the pureed mango through a fine sieve, to smooth the puree.

Remove chilled mixing bowl from freezer, then add heavy cream and powdered sugar. Use an electric beater or thin whisk to vigorously whip air into cream, until stiff peaks form.

To assemble the parfait, make even, alternating layers, starting with diced mango, then following up with yogurt, granola, mango puree and finally freshly whipped cream. Garnish top with diced mangoes and whipped cream.

Keep cold and serve within two hours.

SOURCE: Fresh from Florida