



Mango, Prosciutto & Fresh Mozzarella Skewers with Basil Vinaigrette

Prep: 20 minutes • Serves: 6

- 1 shallot, chopped
- ½ cup coarsely chopped fresh basil leaves plus additional for garnish
- 3 tablespoons white distilled vinegar
- 1 teaspoon granulated sugar
- ½ teaspoon salt
- ½ cup extra virgin olive oil
- 12 (¾-inch) pieces fresh mango
- 1 package (2 ounces) prosciutto (6 slices), slices rolled from short end and cut in half crosswise
- 1 package (8 ounces) fresh mozzarella ciliegine, drained
- 6 (6-inch) wooden skewers
- ¼ teaspoon fresh ground black pepper

1. In blender, pulse shallot, basil, vinegar, sugar and ¼ teaspoon salt until combined; with blender running, slowly add oil in a steady stream and purée until smooth. Makes about 1 cup.

2. Alternately thread mango, prosciutto and mozzarella onto skewers; place on serving plate. Drizzle skewers with ¼ cup basil vinaigrette and sprinkle with remaining ¼ teaspoon salt and pepper; garnish with basil.

*Approximate nutritional values per serving (1 skewer):
189 Calories, 15g Fat (7g Saturated), 35mg Cholesterol,
310mg Sodium, 5g Carbohydrates, 1g Fiber, 4g Sugars,
0g Added Sugars, 10g Protein*

Dietitian's Dish

> Mango is also easier to cut than you might think. Learn how at: www.mango.org/how-to-cut-a-mango

Chef Tip

Refrigerate remaining basil vinaigrette in an airtight container up to 1 week. Use to dress salads, stir into pasta or toss with roasted vegetables.