

Mango Lime Sauce



Makes:

2 cups; 4 - 6 servings

Utensil:

Saladmaster Food Processor

1 ½ Qt./1.4 L Sauce Pan with Cover

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Contributed By:

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Recipe Description:

Ripe mangoes are a sweet, low-fat base for this tangy and light sauce. The ingredients and seasonings are inspired by Colombian cuisine. Serve this sauce warm or at room temperature. Spice it up as much as you like with cayenne pepper or hot sauce.

1

small

onion, strung, use Cone #2

2

cloves garlic, shredded, use Cone #1

2

ripe mangoes, peeled, pulp cut off and medium dice

¹/₂

teaspoon

ground cumin

(1

g)

¹/₄

cup

lime juice

(60

ml)

¹?₂

teaspoon

sea salt

(3

g)

1

handful

fresh cilantro leaves, minced

pinch of cayenne pepper or dash of hot sauce (optional)

Directions:

1. Heat sauce pan over medium heat. When several drops of water sprinkled in pan skitter and dissipate, add onions and garlic. Sauté for 3 - 4 minutes until slightly softened.
2. Add mango, cumin, lime juice and salt. Mix to combine.
3. Place cover on sauce pan. When Vapo-Valve? begins to click steadily, reduce heat to low.
4. Cook sauce for 20 - 25 minutes until mango is soft. Use a potato masher or back of a spoon to mash up mango.
5. Taste sauce and add cilantro. Add cayenne pepper or hot sauce, if desired.

Tips:

- Serve mango sauce with grilled vegetables, grilled shrimp, fish or pork tenderloin made on the Smokeless Broiler.

Nutritional Information per Serving

Based on 4 servings

Calories:

77

Total Fat:

1g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

239mg

Total Carbs:

19g

Dietary Fiber:

2g

Sugar:

15g

Protein:

