

## **Smokey Chipotle Corn Salsa Burritos**

By The Chef and Dietitian

1x1 pound bag of frozen corn, defrosted  
2x15 oz cans of pinto beans drained and rinsed  
4 Roma tomatoes seeded and diced  
1 bunch of cilantro, chopped  
1 tbs chipotle paste or 1/4 chipotle powder  
4 limes juice and zest  
1x4 oz can of black olives rinsed and drained

Mix all ingredients together in a large bowl. Flavors will improve on sitting. Stir well before stuffing tortillas. Use either whole grain or rice tortillas.

## **Mixed Green Salad w/ pomegranates**

By Laura Erlig

About 4 cups of Baby Mixed Greens  
2 tbs. of pomegranates  
3/4 cup of sliced almonds  
Orange sections and orange zest

### Dressing:

Equal parts of oil and vinegar  
1 tbs. of garlic  
1 tps. pizza seasonings

Mix all the ingredients and enjoy!

# Mango & Coconut Crisp

Adapted from National Mango Board

## Ingredients:

- Filling:
- 4 cups fresh mango, peeled, pitted and cut into chunks
- 1/4 cup sugar
- Topping:
- 3/4 cup flour
- 1 cup dark brown sugar
- 3/4 cup of coconut oil
- 3/4 cup rolled oats
- 1/2 cup shredded unsweetened coconut plus extra to sprinkle on top after baking

**Instructions:** Preheat the oven to 375°F For the filling: Combine the mangos and 1/4 cup of sugar. Taste for sweetness. Add another 1/4 cup of sugar if needed. Place the mixture into buttered 8" x 8" baking dish and set aside. For the topping: In a food processor add the flour and dark brown sugar then process to combine. Add the cold butter pieces and pulse until it has a sandy texture. Add the oats and pulse only a few times until you have a crumbly mixture. You do not want to chop up the oats too much. Remove this mixture and put into a bowl. Stir in 1/2 cup of shredded coconut. Sprinkle the mixture over the top of the mangoes, covering completely. Bake at 375°F for 25 to 30 minutes until golden brown. Remove from the oven and sprinkle with remaining coconut. Serve warm.

**Prep Time:** 20 minutes

**Cook Time:** 25 to 30 minutes