Dan Cooke (DC): OK, while most people are worried about March Madness, we’re thinking about Mango Madness…this is Kris Wallerius, she’s a registered dietitian and with the University of Hawaii’s School of Tropical Agriculture, and you’ve got a website. Now if you wanna go find out what the nutritional value of local foods are, you go….

Kris Wallerius (KW): Go to “Hawaii Foods”; you can just Google “Hawaii Foods” and it will come up as “Welcome to Hawai’i Foods.” You can browse over 500 local foods, we have diet analysis, we have over 50 local recipes, all kinds of great stuff for anything local.

DC: Hawaiifoods.hawaii.edu – you wanna know what the nutritional value is of azuki beans, or kalua pig, local foods are right there for you. OK, let’s talk mangoes- and they are of great nutritional value, right?

KW: Absolutely! Lots of Vitamin A, lots of Vitamin C, high fiber, excellent source of potassium, all good.

DC: And they’re in-season from January until August?

KW: They’re coming in, right. I found some in Chinatown yesterday, and as we get into May and June we should have quite a bit more.

DC: OK let’s look at some recipes. You’ve got a couple of things set up for us- What, Southwestern first?

KW: Right, Southwestern, South American, you’re going to use just chilies, and you just want to squeeze a little bit of lime on there...(squeezes lime, no juice comes out) and this is a very dry lime (laughs), you squeeze the lime, and then you’re going to take some chili pepper and rock salt and just top it like that- very simple.

DC: Very simple and easy and delicious and refreshing. (Moves to the next dish) What’s going on here?

KW: Fruit salad- pineapple, chopped mango, sliced banana, and then you’re just going to put a tiny bit of li hing powder on there for some enjoyment, very simple.

DC: Now let’s go to the blender, and we’ll talk about smoothies and drinks. Mangoes make a great ingredient for those.

KW: Absolutely! Especially when you get the mangoes that are really overripe, very easy to put them into a blender like this- you can squeeze it off the seed...
DC: Don’t throw them out!
KW: ...Don’t throw them out- right! Don’t waste your mango.

DC: You’ve got mangoes, and you’ve got ice

KW: This is coconut milk and we put in some ice, this is really simple. That’s all you really need to do. If you want to add lime, if you want to add avocado, we’ve got great local avocado. You can also substitute coconut water and fat-free yogurt if you like.

DC: OK we’re going to get this blender started. Again, it’s hawaiifoods.hawaii.edu, that’s the website. It’s kinda loud, so Kris let’s just wave goodbye for now and we’ll be back with more Mango Madness right here on Sunrise. Can’t wait to taste this! Looks delicious.

(Sunrise music theme plays- sound of blender whirring)

END