

# CHEF & CHILD FOUNDATION RECIPE COLLECTION

## MANGO AND DICED FRESH TOMATO SAUCE

Antonietta Pendleton CEC, AAC  
ACF Professional Chefs Association  
of South New Jersey

**SERVINGS  
PER RECIPE: 6**



### Ingredients:

- 4 mangos (peeled and diced)
- 1 pound fresh tomatoes (seeded and diced)
- ½ cup cilantro leaves (chopped)
- ½ cup extra virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 red onion, small (finely diced)
- ½ cup Parmesan cheese (grated)
- Salt and pepper to taste

### Directions:

1. Mix together all ingredients, except Parmesan cheese.
2. If serving cold over a tortellini salad, pre-cook tortellini, chill and toss together with sauce and Parmesan cheese.
3. If serving hot, simmer sauce with cooked tortellini in a sauce pan for two to three minutes, mix in Parmesan cheese and serve.

*Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit [www.acfchefs.org](http://www.acfchefs.org).*

### Nutrition Facts

Serving Size 264g  
Servings Per Container  
**Calories** 320  
Fat Cal. 190g

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b> 22g	<b>34%</b>	<b>Total Carb</b> 29g	<b>10%</b>
Sat. Fat 4g	<b>20%</b>	Fiber 2g	<b>8%</b>
Trans Fat 0g		Sugars 5g	
<b>Cholest.</b> 5mg	<b>2%</b>	<b>Protein</b> 3g	
<b>Sodium</b> 105mg	<b>4%</b>		
Vitamin A 60% • Vitamin C 45% • Calcium 8% • Iron 2%			



**CHEF & CHILD**  
foundation  
AMERICAN CULINARY  
FEDERATION

