



C-BOMB

Summer colds, be warned: Champagne mangoes pack more than 300% of your daily vitamin C requirement—five times more than other mango varieties.

CHAMPAGNE MANGOES WITH LIME AND SEA SALT

Active: 4 min. Total: 4 min.

You can keep the flesh on the skin, “porcupine-style,” as shown on page 9.

Combine 2 cups diced Champagne (or Ataulfo) mango and 1 Tbsp. fresh lime juice; toss well to coat. Divide mango mixture evenly among 4 small bowls. Sprinkle each serving with a dash of Aleppo pepper or crushed red pepper flakes and a dash of Maldon sea salt.

✓ SERVES 4 (serving size: 1/2 cup)

CALORIES 51; **FAT** 0.3g (sat 0.1g, mono 0.1g, poly 0.1g); **PROTEIN** 1g; **CARB** 13g; **FIBER** 1g; **SUGARS** 11g (est. added sugars 0g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 61mg; **CALC** 10mg

FAMILY MEAL

Gateway Fish

Cooking in trout-rich Greenville, SC, chef Teryi Youngblood turns picky eaters into seafood lovers.

CI What's behind your choice of trout in this dish instead of, say, snapper, striped bass, or mackerel?

TY I call trout the gateway fish. It's perfectly mild and delicate, the way fish should taste. If you want to convince people to enjoy fish, trout is the one to cook. It's simple enough to appeal to finicky eaters, but sophisticated enough to serve at a dinner party. And that skin is so crunchy and delicious, I'd almost eat the skin off every trout we served if I could.

How did you design this dish so that even busy cooks can pull it off on a weeknight?

As a working mom, I love a fast, healthy meal that doesn't require a lot of work. This dish doesn't take a lot of prep. You can chop the mise en place ahead of time and even make the tomato vinaigrette in advance, so it makes for a quick weeknight dinner.

CHARD-STUFFED TROUT WITH CHARRED TOMATO VINAIGRETTE

Active: 37 min. Total: 53 min.

- 2 large tomatoes, cut into 1/2-in.-thick slices
- 1/4 cup fresh flat-leaf parsley leaves
- 2 Tbsp. capers, drained
- 6 Tbsp. olive oil, divided
- 1 Tbsp. chopped fresh rosemary
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. red wine vinegar
- 2 garlic cloves
- 1/2 tsp. kosher salt, divided



- 3/4 tsp. freshly ground black pepper, divided
- 1 red bell pepper, stemmed, seeded, and sliced into thin strips
- 1 yellow bell pepper, stemmed, seeded, and sliced into thin strips
- 1 shallot, thinly sliced
- 3 garlic cloves, thinly sliced
- 1 bunch chard, leaves and top portions of stems thinly sliced
- 1/4 cup chopped fresh basil
- 4 (6-oz.) butterflied boneless trout, heads and tails removed
- 1/4 cup pitted Niçoise olives
- 5 thyme sprigs

1. Heat a large cast-iron pan or grill pan over high. Add tomato slices to pan; cook 6 minutes on each side or until well charred. Place tomatoes in a blender. Add parsley, capers, 1/4 cup olive oil, rosemary, juice, vinegar, 2 garlic cloves, 1/4 teaspoon salt, and 1/4 teaspoon pepper; blend until smooth.

2. Heat a large nonstick skillet over medium-high. Add 1 tablespoon oil to pan. Add bell peppers, shallot, and sliced garlic cloves; sauté 4 minutes or until tender. Add chard;

sauté 2 minutes or until just wilted. Remove from heat; stir in chopped basil.

3. Sprinkle trout inside and out evenly with remaining 1/4 teaspoon salt and remaining 1/2 teaspoon pepper. Place about 1/2 cup chard mixture in each butterflied trout, and fold halves back together.

4. Preheat oven to 400°F. Spread charred tomato mixture in bottom of a 9- x 13-inch glass or ceramic baking dish. Sprinkle olives over tomato mixture; spread thyme sprigs over mixture. Heat remaining 1 tablespoon oil in large nonstick skillet over medium-high. Add 2 stuffed trout to pan; cook 2 minutes or until skin is golden brown. Turn trout over; cook 2 minutes. Place browned trout in prepared baking dish. Repeat procedure with remaining 2 trout. Place baking dish in oven; bake at 400°F for 12 minutes or until trout is just cooked through.

✓ SERVES 4 (serving size: 1 stuffed trout)
CALORIES 460; **FAT** 30g (sat 5.2g, mono 19.1g, poly 4.5g); **PROTEIN** 33g; **CARB** 15g; **FIBER** 5g; **SUGARS** 6g (est. added sugars 0g); **CHOL** 88mg; **IRON** 3mg; **SODIUM** 665mg; **CALC** 193m