Recipe: Mango Iced Tea

INGREDIENTS:
2 quarts of cold water, divided
1 additional cup of water for mango puree
4-8 tea bags of your favorite black tea, depending on how strong you prefer your tea (green or white tea may be used instead)
1 ½ cups fresh or frozen mango chunks
1-3 teaspoons honey or sugar, optional
Ice
Raspberries, pineapple wedges or strawberries for garnish

INSTRUCTIONS:
1] Place tea bags in teapot or pan. Boil 1 quart of water and pour over tea. Remove from heat and allow tea to brew for at least five minutes.

2] While tea is brewing, place mango and additional cup of water in blender and blend until smooth (if using fresh mango, first peel and slice fruit).

3] Strain teabags and remove from pan or teapot. If adding honey or sugar, add while water is still warm and stir to dissolve.

4] Pour reserved quart of cold water into serving pitcher. Add tea and stir to blend. Add mango puree and stir thoroughly.

5] Add desired amount of ice to tall glasses and pour tea over ice. Add raspberries, pineapple wedges or strawberries to glass for garnish.
Recipe: Creamy Pineapple Coleslaw

INGREDIENTS:
4 ½ cups shredded cabbage (Asian cabbage if available)
½ cup shredded carrot
¼ cup finely chopped red or yellow bell pepper
2 tablespoons finely chopped Vidalia or other sweet onion
2/3 cup mayonnaise
2 teaspoons brown sugar
1 tablespoon apple cider vinegar
½ teaspoon salt
1/8 teaspoon freshly ground pepper
¼ teaspoon celery seed
½ cup diced pineapple, drained (reserve 2 teaspoons of pineapple juice for dressing)

INSTRUCTIONS:
1] Mix cabbage, carrot, bell pepper and onion in large bowl.

2] To prepare dressing: In separate bowl, combine mayonnaise, brown sugar, vinegar, salt, pepper, celery seed and reserved pineapple juice. Whisk until all ingredients are well blended.

3] Fold dressing into cabbage mixture and toss to coat. Add diced pineapple and fold gently to incorporate into coleslaw.

4] For best flavor, refrigerate coleslaw for at least four hours. Toss again before serving.