



ASIRT Lite Summer Travel Series

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.





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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.

