



Niagara County Office for the Aging
111 Main Street, Suite 101
Lockport, NY 14094
Eat Well...Stay Well Dining Program
439-4030

*Recipe provided by Niagara County Office for the Aging,
Eat Well...Stay Well Dining Program*

Mango Salad Dressing

1 mango (fully ripe), peeled and cut up
1 T. olive or vegetable oil
1 T. orange juice
Optional – fresh mint or basil (small amount to flavor)

Combine all ingredients in blender, mix to smooth consistency. Serve chilled on salad.