

# Quick & Easy

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## THE COSTCO WAY

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### **Mango Avocado Toast**

Makes 1 serving

#### **Ingredients:**

½ avocado, peeled and pitted  
Splash of lime juice  
1 slice bread, toasted  
1 large mango, peeled, pitted and sliced  
Pinch of red pepper flakes  
Pinch of sea salt

#### **Instructions:**

In a small bowl, mash avocado and lime juice. Stir to combine. Evenly spread avocado over toasted bread. Layer mango slices on top. Sprinkle with red pepper flakes and salt.

### **Mango Tahini Toast**

Makes 1 serving

#### **Ingredients:**

2 Tbsp tahini  
1 pinch cardamom  
1 pinch sea salt  
1 slice bread, toasted  
1 large mango, peeled, pitted and sliced  
Pinch of black sesame seeds  
2 mint leaves, chopped

#### **Instructions:**

In a small bowl, mix tahini, cardamom and salt. Evenly spread tahini over toasted bread. Layer mango slices on top. Sprinkle with sesame seeds and mint.

### **Mango Almond Butter Toast**

Makes 1 serving

#### **Ingredients:**

2 Tbsp creamy almond butter  
1 slice bread, toasted  
1 large mango, peeled, pitted and sliced  
Sprinkle of unsweetened coconut flakes

#### **Instructions:**

Evenly spread almond butter over toasted bread. Layer mango slices on top. Sprinkle with unsweetened coconut flakes.

For more recipe ideas, go to [Costco.com](https://www.costco.com) and search: **Quick & Easy**



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### **Mango Quinoa Salad**

Makes 2 to 4 servings

#### **Ingredients:**

15 oz can black beans, rinsed and drained  
1 cup quinoa, cooked  
1 cucumber, chopped  
1 large mango, peeled, pitted and diced  
1 handful cilantro, chopped  
1 Tbsp red onion, chopped  
1 lemon, juiced  
1 tsp cumin  
½ tsp coriander  
½ tsp chili powder  
1 tsp garlic powder

#### **Instructions:**

In a large bowl, add black beans, quinoa, cucumber, mango, cilantro, onion, lemon juice, cumin, coriander, chili powder and garlic powder. Toss. Serve at room temperature or cold.

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