Cucumber, Mango, and Spinach Salad

Source: Amy Joy Lanou, PhD

This colorful salad is full of antioxidants that can help keep you healthy! To keep you full longer, pair this fruit and veggie packed salad with a whole grain and legume. For example, eat it with pita and hummus on the side, or stuff the salad into a pita pocket with roasted red pepper hummus.

About the Recipe

86 Calories · 2.8 g Protein · 3.8 g Fiber
Lunch
Gluten-free · Nut-free

Ingredients

Makes 4 Servings

- 1 bunch or bag fresh spinach
- 1 mango, peeled and cut into bite-size pieces
- 1 large cucumber, peeled and sliced
- 6 green onions, thinly sliced
- 1/2 c (12 g) fresh basil, chopped
- 1 lime, juiced
- 1/2 c (120 mL) seasoned rice vinegar
- 1/8 tsp (0.6 mL) ground black pepper

Directions

1. Wash and drain spinach, tear or chop into bite-size pieces, if necessary, and put into a large serving bowl.
2. Toss mango, cucumber, green onions, and basil in a medium bowl. Add lime juice and vinegar and stir to mix.
3. Arrange mango mixture on spinach and sprinkle with black pepper.

4. Optional: Add beans or whole grains, or serve salad in a pita pocket!

Nutrition Facts

Per serving:

Calories: 86

Fat: 0.6 g

- Saturated Fat: 0.1 g
- Calories From Fat: 5.5%

Cholesterol: 0 mg

Protein: 2.8 g

Carbohydrate: 19.4 g

Sugar: 13.8 g

Fiber: 3.8 g

Sodium: 32 mg

Calcium: 96 mg

Iron: 2.1 mg

Vitamin C: 44 mg

Beta-Carotene: 3,099 mcg

Vitamin E: 1.7 mg