

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 a roasted red pepper hummus inside too.

About the Recipe

86 Calories · 2.8 g Protein · 3.8 g Fiber

Lunch

Gluten-free · Nut-free

Ingredients

Makes 4 Servings

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

Directions

1. Wash and drain spinach, tear into bite-size pieces, if necessary, and put into a large serving bowl.
2. Peel and cut mango and cucumber into bite-size pieces. Toss mango, cucumber, thinly sliced green onions, and chopped basil in a medium bowl. Add

freshly squeezed lime juice and vinegar and stir to mix.

3. Arrange mango mixture on spinach and sprinkle with black pepper.

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

Carbohydrates: 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