

Tropical Cucumber, Avocado, and Mango Salad

Preparation Time: 15 minutes

4 servings, about 1 cup/ serving

VEGAN

Ingredients

3-5 teaspoons fish sauce, (see Shopping Tip, OMIT IF VEGAN)
1 teaspoon freshly grated lime zest, plus more for garnish
2 tablespoons lime juice
1 tablespoon canola oil
2 teaspoons light brown sugar
1 teaspoon rice vinegar
¼ teaspoon crushed red pepper
1 medium English cucumber, cut into 3/4-inch dice
1 avocado, cut into 3/4-inch dice
1 mango, cut into 3/4-inch dice (see Kitchen Tip)
¼ cup chopped fresh cilantro
For added Boost: 1 bag of Frozen Soy beans shelled

Preparation

1. Whisk fish sauce to taste, lime zest, lime juice, oil, brown sugar, vinegar and crushed red pepper in a large bowl until combined. Add cucumber, avocado, mango and cilantro; add optional soy beans and gently toss to coat. Serve garnished with lime zest, if desired.

Nutrition without soy beans

Per serving : 169 Calories; 11 g Fat; 1 g Sat; 7 g Mono; 0 mg Cholesterol; 18 g Carbohydrates;

3 g Protein; 5 g Fiber; 178 mg Sodium; 342 mg Potassium

1 Carbohydrate Serving

Exchanges: 1 vegetable, 1/2 fruit, 2 fat

Tips & Notes

Make Ahead Tip: Cover and refrigerate for up to 1 hour.

Shopping Tip: Fish sauce is a pungent Southeast Asian condiment; find it in large supermarkets and Asian markets.

Kitchen Tip: To peel and cut a mango:

1. Slice both ends off the mango, revealing the long, slender seed inside. Set the fruit upright on a work surface and remove the skin with a sharp knife.
2. With the seed perpendicular to you, slice the fruit from both sides of the seed, yielding two large pieces.
3. Turn the seed parallel to you and slice the two smaller pieces of fruit from each side.
4. Cut the fruit into the desired shape.

Adapted from: http://www.eatingwell.com/recipes/tropical_cucumber_salad.html

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