

## Cucumber, Mango and Spinach Salad



### Makes:

4 servings

### Utensil:

Saladmaster Food Processor  
3.5 Qt. Double Walled Bowl  
medium mixing bowl

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### Recipe:

### Contributed By:

PCRM  
Physicians Committee for Responsible Medicine

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1 mango, peeled, cut into bite sized pieces  
1 cucumber, waffled, use Cone #5  
6 scallions, thinly sliced  
1/2 cup  
fresh basil, chopped  
(20  
g)  
1 lime, juice  
1/2 cup  
rice vinegar  
(120  
mL)  
cracked black pepper to taste

### Directions:

1. Place spinach in double-walled salad bowl.
2. In medium bowl place mango, cucumber, scallions and basil. dress with lime juice and vinegar.
3. Arrange mango mixture on spinach and sprinkle with pepper.

### Nutritional Information per

#### ▼ Serving

**Calories:** 77  
**Total Fat:** 1g  
**Saturated Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 44mg  
**Total** 29g  
**Carbs:**  
**Dietary Fiber:** 5g  
**Sugar:** 10g  
**Protein:** 3g