

Cucumber, Mango and Spinach Salad



Makes:

4 servings

Utensil:

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

Rate Recipe:

Select rating Give Cucumber, Mango and Spinach Salad 1/5
Give Cucumber, Mango and Spinach Salad 2/5 Give Cucumber,
Mango and Spinach Salad 3/5 Give Cucumber, Mango and
Spinach Salad 4/5 Give Cucumber, Mango and Spinach Salad 5/5

Contributed By:

PCRM
Physicians Committee for Responsible Medicine

Write a Review

5

ounces

fresh spinach, chopped or torn

(142

g)

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 Carbs:

29g

Dietary Fiber:

5g

Sugar:

10g

Protein:

3g