



Mango Salad & Fresh Lime Vinaigrette



Mango Salad

Makes: 6 to 8 servings

Hands-On time: 25min.

Total Time: 2 hr., 25 min

2 mangoes, peeled and cut into thin slices

1 1/2 cups English cucumber, halved,
seeded, and sliced

1 1/2 cups halved baby heirloom tomatoes
(I use organic grape tomatoes)

1 1/2 cups fresh corn kernels

1/2 cups red onion, finely diced

1/2 cup chopped fresh basil

Fresh Lime Vinaigrette (recipe at right)

4 cups fresh arugula

Toss together first 7 ingredients in a large bowl; cover and chill 2 hours. Toss with arugula just before serving.

Fresh Lime Vinaigrette

Makes: 3/4 cup

Hands-On Time: 10 min.

Total Time: 10 min.

Whisk together:

1/4 cup rice vinegar

2 Tbsp. sugar

3 Tbsp. fresh lime juice

1 garlic clove, minced

1/2 tsp. salt

1/2 tsp. ground pepper

Gradually whisk into above mixture:

1/2 cup canola oil (960 calories)

OR Fat-Free Oil Substitute (recipe below)

Continue to whisk until smooth.

Fat-Free Oil Substitute

from Dr. Neal Barnard's Program for Reversing Diabetes, page 202

Whisk together until smooth & cook until slightly thickened:

1 cup cold water (reduce by 2 Tbsp. if using mango puree)

1 Tbsp. low-sodium vegetarian broth powder

(I substitute 2 Tbsp. pureed mango)

2 teaspoons cornstarch

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