

Mango and Baby Tomato Salad

Recipe courtesy Bal Arneson

Prep Time:	20 min	Level:	Serves:
Inactive Prep Time:	—	Easy	4 servings
Cook Time:	5 min		

Ingredients

- Dressing
- 1/4 cup mango juice
- 3 tablespoons flaxseed oil or extra-virgin olive oil
- 1 tablespoon lemon juice
- Pinch coriander powder
- Pinch clove powder
- Pinch salt and freshly ground black pepper
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- Salad
- 2 tablespoons minced fresh mint
- 1/4 cup minced red onion
- 1 cup baby tomatoes (cherry or grape), cut in half
- 1 cup ripe mango chunks
- 1 tablespoon chopped fresh cilantro
- Pinch salt and freshly ground black pepper

Directions

Whisk the mango juice, oil, lemon juice, coriander, clove powder, salt, and pepper together in the bottom of a salad bowl. Add the mint, onion, tomatoes, mango, and cilantro and toss well. Taste the dressing and season again with salt, and pepper, if necessary. Let the dressing sit for 5 minutes before serving.

Print Size:



8.5 x 11"



4 x 6"



3 x 5"

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