



# 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

[Back to Recipes](#)