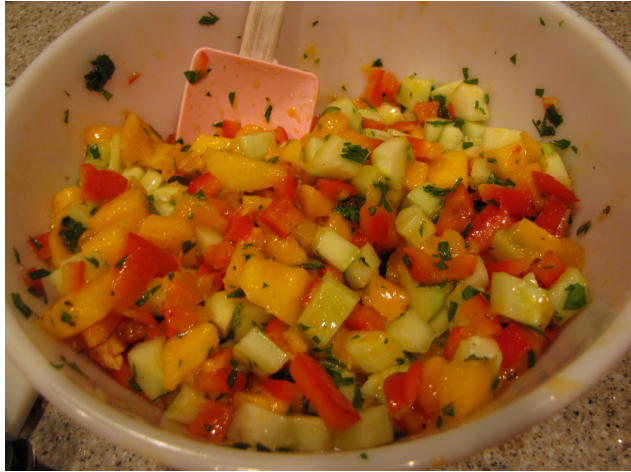


Idiot's Kitchen Recipe – Mango Cucumber Salad

Recipe from www.idiotskitchen.com



Ingredients:

2 ripe mangos
2 cucumbers, peeled, seeded, and chopped
1 red bell pepper, chopped
¼ cup fresh parsley, chopped
1 lime, juiced
1 teaspoon honey
1 Tablespoon light olive oil (not extra virgin)
Salt & Pepper

Mangos have a large, oblong pit in the center. Cut a disc of mango away from the pit on either side of the fruit. Use a small knife to score small squares in each disc cutting right up to but not through the skin. Turn the scored disc inside out and use the knife to cut the mango squares away from the skin. Do this over a bowl to catch all of the delicious juice. Repeat for the other side of the mango and then cut the skin away from the pit and cut away as much extra fruit as you can from the pit.

Peel, seed, and chop 2 cucumbers. Chop one red bell pepper and ¼ cup of fresh parsley. Add the vegetables to the bowl with the mango.

In a separate small bowl, combine the juice from 1 lime with 1 teaspoon honey. Add 1 Tablespoon light flavored olive oil (not extra virgin as its flavor is too strong), and season with salt & pepper. Whisk the dressing together and pour over the salad. Toss to combine all of the ingredients.

If you have time, let the salad rest at room temperature for 30 – 45 minutes (or longer in the refrigerator) for the flavors to blend. Serve as a salad or as a salsa type topping for chicken or grilled fish.