



## **STRONG Heart Program Recipe-of-the-Month**

### **Mango Cucumber Salad**

Recipe featured in *Cooking Light*

Ingredients compliments of Lori's Natural Food Store

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#### **Ingredients:**

- 4 cups diagonally cut, thinly sliced, seeded peeled cucumber (about 2 medium)
- 2 cups thinly sliced peeled mango (about 2 medium)
- 3 tablespoons fresh lime juice
- ¼ teaspoon salt, optional
- ¼ teaspoon ground red pepper

#### **Directions:**

1. Combine all ingredients in a medium bowl; toss gently. Let stand 15 minutes before serving.

**Servings:** 4 **Serving Size:** 1 cup

**Nutrition Information:** 71 calories, 0g fat, 0g sat. fat, 0mg cholesterol, 150mg sodium (4mg without salt), 18g carbohydrate, 2.5g fiber, 1g protein