

Spinach Mango Salad

Loaded with flavour and nutrition.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw



Ingredients

Spinach, raw	1 bunch
Mango, fresh	1 each
Cucumber, raw, without peel	1 medium
Coriander leaf, fresh	1 cup
Cranberries, dried (craisins)	0.5 cup
Corn (sweet, white, raw)	1 ear, small (5-1/2" to 6-1/2" long)
Pine nuts, pignolias	0.25 cup
Hot chili peppers, red, raw	0.5 each - approx 4" - 6" long
Olive oil	2 tablespoon
Lime juice, fresh	1 tablespoon
Orange juice, fresh	2 teaspoon
Salt, sea salt	1 dash

Instructions

To make the salad, add chopped spinach, mango, cucumber, shucked corn on the cob (or use frozen after it is thawed), diced chili pepper (be careful to wash your hands after handling and avoid contact with eyes), diced cilantro, cranberries and pine nuts.

To make the dressing combine olive oil, lime juice, orange juice and sea salt.

Add dressing to salad and toss.

Tip: you can omit the chili pepper all together if you don't hot spice or use less.