

Side Dish

Shrimp 'n' Mango Summer Salad

Pam Brandon/Anne-Marie Hodges

Palm Beach Post

Servings: 4

1 pound wild shrimp, grilled and chopped

3 large mangoes, peeled and cut into 1/2-inch chunks.

1/2 small red onion

3 tablespoons cilantro, chopped

1 small cucumber, seeds removed and diced

1/2 jalapeno, seeded and chopped

juice of two large limes

1/4 cup olive oil

salt to taste

In a bowl, combine the shrimp, mangoes, onion, cilantro, cucumber, jalapeno, lime juice, olive oil and salt.

Refrigerate for 30 minutes.

Per Serving (excluding unknown items): 141 Calories; 14g Fat (84.5% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 2 1/2 Fat.