

# Tropical Cucumber Salad

A green, refreshing salad that takes you back to the tropics. The lime dressing with a hint of Thai flavour is the perfect coating to the cucumber and avocado combination. Avocados are extremely high in carotenoids (the same antioxidant found in carrots!).

*Yields 4 servings (1 serving = 1 cup)*

## **Ingredients**

3-5 teaspoons fish sauce  
2 teaspoon lime zest  
2 tablespoons lime juice  
1 tablespoon canola oil  
2 teaspoons light brown sugar  
1 teaspoon rice vinegar  
1/4 teaspoon crushed red pepper  
1 cucumber, diced  
1 avocado, diced  
1 mango, diced  
1/4 cup chopped fresh cilantro



**TIP!** Fish sauce is a pungent Southeast Asian condiment which can be found in large supermarkets and Asian markets.



## **Preparation:**

1. Whisk fish sauce to taste, lime zest, lime juice, oil, brown sugar, vinegar and crushed red pepper in a large bowl until combined. Add cucumber, avocado, mango and cilantro; gently toss to coat. Serve garnished with lime zest, if desired.

**MAKE AHEAD TIP:** Cover and refrigerate for up to 1 hour.

## **Nutritional Information (per serving)**

Calories: 169	Total Fat: 11g
Sat. Fat: 1g	Carbs: 18g
Fiber: 5g	Protein: 3g

Source: [www.eatingwell.com](http://www.eatingwell.com)