

# CHOPPED CUCUMBER SALAD



Recipe by Amanda DeLaura

It's officially spring! No more winter! No more snow, no more cold, no more gray! The small Mexican mangos are *in season* and every time I pass them in the market I can't not buy them, especially since they're always on sale this time of year. Here's my version of a quick lunch or dinner. The chopped cucumber-mango salad is just a base and you can serve it over glass noodles, rice, mixed greens, or even pair it with a nice cut of salmon or fish. Bon appétit!

Makes about 4 servings

## Ingredients:

2 English or pickling cucumbers, *chopped\**  
2 mangos, *peeled & chopped*  
2 Tbsps coconut aminos  
2 Tbsps lemon juice  
1 tsp curry powder  
1 tsp sesame oil  
salt, *to taste*  
pepper, *to taste*  
1/4 cup cilantro (or basil), *chopped\*\**  
1 Tbsp roasted sesame seeds

## Directions:

1. Whisk together the coconut aminos, lemon juice, curry powder, and sesame oil together in a large bowl. Add the chopped cucumbers and mango and toss to combine with a spatula. Enjoy immediately or store it in a sealed container for up to two days in the fridge.
2. If enjoying immediately, season with salt and pepper and let sit for five minutes. Toss to combine, taste and adjust seasoning as needed. Serve by itself or as desired with pairing of choice. (My personal favorite combination is tossing the cucumber-mango salad with bean sprouts, chili flakes, and glass noodles.) Garnish the salad with fresh cilantro and sesame seeds. Enjoy immediately!

\* While English cucumbers create a lighter and more enjoyable texture and flavor, pickling (aka chopping cucumbers) are far cheaper. I'd leave the skin on for English cucumbers, but peel part (not all as it helps you digest!) of the skin off of the pickling cucumber so that the texture and bitterness of the skin isn't too distracting from the salad.

\*\*You can use any of the following fresh herbs in this recipe—cilantro, basil, Thai basil, mint, and even scallions. My favorites are cilantro and Thai basil.