

CUCUMBER-MANGO SALAD (SERVES 8)

INGREDIENTS:

Optional: 1-2 garlic cloves

3 pounds cucumbers (about 4
English seedless cucumbers or
8 medium regular cucumbers)

2 ripe mangoes

1/2 medium red onion (can use
less, if desired)

Optional: 1 tablespoon chopped
cilantro

2-3 lemons or limes

Extra virgin olive oil

Salt and pepper

TIPS:

- Can be used as a salad or as a salsa (for dipping).

DIRECTIONS:

1. If using, crush and peel garlic, removing any green shoots. Add a pinch of salt to the garlic and finely chop the garlic, rubbing and pressing against it with the side of the knife to help turn it to a paste.
2. Wash cucumbers. Only peel cucumbers if they are very waxy. Cut cucumbers in half lengthwise (you'll get 2 long pieces per cucumber) and cut cucumbers crosswise into thin slices (about 1/8 to 1/4-inch thick). Place cucumber pieces in a bowl, along with the garlic, and stir to combine.
3. Wash mangoes. Cut around mango pit to remove flesh. Cut 1/2-inch cubes into the mango flesh, then scoop those cubes out of the mango skin with a spoon or cut them off with a knife. (Alternatively, mango can be peeled whole; cut around pit to remove mango flesh and cut flesh into 1/2-inch cubes.) Add mango to the bowl.
4. Wash onion. Cut the onion in half lengthwise (through the root). Peel one half of the onion and cut it into thin slices; wrap up the other half and refrigerate it for another use. Add sliced onion to the bowl, to taste.
5. If using cilantro, wash, dry, and chop it.
6. Add lemon or lime juice to the bowl, to taste, and toss to combine. (The sweetness of the mango balances the citrus nicely, which means you can use plenty of lemon or lime.) Drizzle lightly with oil and toss to combine. Season to taste with salt and pepper. If using, add chopped cilantro to taste, and stir to combine.
7. Cover and refrigerate for at least 15 minutes before serving to allow cucumbers to soak up all the flavors.