



Methodology:

In a glass bowl, mix cut cucumbers with the diced onion and tomato. Whisk dressing ingredients and gently add to mix. Cover and chill.

Nutritional profile per serving: Calories: 70, Fat: 2.5g, Protein: 1g, Carbohydrate: 15g

Featured Ingredient:

Mango: An excellent source of vitamins A & C, good source of dietary fiber and over 20 vitamins and minerals which may be associated with reducing cancer risks.

Purchasing Tips: Should be slightly soft to the touch and have a fruity aroma at their stem end.

Storage Tips: Only refrigerate when ripe and wash before cutting. Can be frozen after cutting for future use within six months.

A Graduate in Nutrition and Science, John is also a Certified Trainer with the National Academy of Sports Medicine and a Certified Weight Management Counselor with the ADA. He has produced and recorded various exercise videos (originator of Kickaerobox) and nutritional DVD's. You previously saw him as one of the trainers on the Dr. Phil Weight Loss Challenge on NBC and on Entertainment Tonight. Currently he is the personal nutritionist for PhillyFIT Magazine events such as the BASH, Workout-a-Thon and the Fitness Retreat. Visit him at www.weightlosscoaching.org or kickaerobox@yahoo.com.



Nourishes: 6

Ingredients:

- 1 large cucumber, half peeled and diced into medium pieces
- 1 mango peeled and diced (can use Dole cut mangoes)
- 1/2 of a small red onion, diced into small pieces
- 1 large ripe tomato, diced
- 1/4 cup white wine vinegar or rice vinegar
- 1 Tbsp balsamic vinegar (clear balsamic is my choice)
- 1 Tbsp regular or virgin olive oil (extra virgin will have a slightly different taste)
- 2 teaspoons agave nectar (gives a smoother texture to dish instead of raw sugar)
- Pinch of sea salt, to taste
- Fresh ground pepper, to taste

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