

Ingrid's Mango Salad

Ingredients:

1 mango, chopped

1 apple, chopped

1 red pepper, chopped

Chopped red or green onion to taste

Sprinkle of chopped cilantro

Squeeze of lime juice

4 ounces of protein (chicken, salmon, white fish)

Directions:

Combine all salad ingredients and place your protein on top.

Makes two servings.