

Natalie's Mango Salad

Ingredients:

2 ripe mangos
1 red pepper
1 cup bean sprouts
1 to 2 green onions
1 cup cilantro
1 carrot
½ cup cashews

Dressing:

4 tbsp low sodium soya sauce
1 tbsp brown sugar
2 tbsp lime juice
1 tsp hot pepper flakes

Directions:

Dice the mangos, julienne the pepper, chop the onion and cilantro and grate the carrot. Mix all ingredients and the dressing together and serve over your favorite mixed greens.