

# BRC Healthy Meal of the Week

## Cucumber, Mango, and Red Onion Salad- Another Delicious Meal Under 400 Calories!

### Ingredients (Single Serving)

#### Total Prep Time 10 minutes

1 medium cucumber, peeled and thinly sliced  
Mixed Green leaves  
1 mango, pitted and cut into large dice  
1 red onion, sliced into thin rounds  
2 tablespoons lime juice  
salt to taste  
3 tablespoons cilantro  
2 tablespoons Olive Oil

### Cooking Instructions—Total Cooking Time 10-15 minutes

1. Place the cucumber, mango, mixed greens and red onion in a medium bowl.
2. Season to taste with the lime juice, salt and olive oil.
3. Garnish generously with cilantro leaves .

Add lean grilled chicken as a meat option.

### Nutrition Facts (Vegetables Only)

Serving Size is about 2 Cups of Salad. If you add chicken, a regular serving is 6-8oz. And about an additional 150 calories.

- Calories 57
- Protein 1 g
- Total Carbohydrate 14 g
- Dietary Fiber 2 g
- Soluble Fiber 1 g
- Insoluble Fiber 1 g
- Sugar 10 g
- Total Fat 0 g
- Saturated Fat 0 g

