

Mango & Clementine Summer Salad

A Recipe by Dr. Raymond Kordonowy, MD

"Healthy and refreshing, perfect for summertime. Mangos are a great source of iron and antioxidants, while Clementines provide a natural energy boost with almost no fat."

Nutritional Highlights

- **Mangos:** High in Vitamin A, C, and antioxidants.
 - **Clementines:** Rich in Vitamin C, potassium, thiamin, and niacin.
 - **Calorie Conscious:** An average clementine contains only about 35 calories.
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Ingredients

- **4–6** Clementines
- **2** Mangos
- **1 tsp** Grated lemon peel
- **½ tsp** Fresh lemon juice
- **4** Fresh mint leaves
- *Optional:* Serve over a bed of fresh arugula (as pictured) for a peppery crunch.

Directions

1. **Prep the Fruit:** Peel the mangos and clementines. Cut the fruit into small, bite-sized pieces.
2. **Combine:** Place the fruit in a medium-sized mixing bowl.
3. **Season:** Add the grated lemon peel and the fresh lemon juice.
4. **Finish with Herbs:** Finely chop the mint leaves into small strips (chiffonade) and add them to the bowl.
5. **Toss & Serve:** Mix all ingredients well to ensure the citrus juice and mint are evenly distributed.

Enjoy the wonderful, vibrant flavors!