

GF-DF "Radish-Mango-Cucumber Salad with
Juicy Lemon Zest Vinaigrette"
Food Awareness Program
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"Radish-Mango-Cucumber Salad with Juicy Lemon Zest Vinaigrette"

"Bright + Beautiful Spring Salad"

Dressing

3 Organic Lemons, zested and juiced [use 2-3 Teaspoons Zest; ½ cup juice] Zest before juicing!
½ cup Grapeseed, or Olive Oil
3 Tablespoons Sugar

Stir ingredients together in a small jar, or whisk in a bowl, until sugar dissolves.

*Prepare dressing immediately before serving salad for best 'lemon-y' flavor. Lemons are most flavorful when freshly zested and juiced.

Salad Ingredients

5 English cucumbers, trimmed, slice cucumbers lengthwise
4 Mangoes, cubed
3 Ribs Celery, finely chopped
3 Bunches Radishes, bulbs sliced, or chopped
1 large Fennel, thinly sliced bulb, chop stalks if juicy, and ½ cup chopped fronds
½ Bunch Parsley, finely chopped
Salt and Pepper

Using a teaspoon, or melon baller, scrape split cucumbers lengthwise to remove seeds. Slice cucumbers in ¼-inch pieces. In a large bowl, combine with mangoes, celery, radishes, fennel, and parsley. Refrigerate until ready to prepare dressing.

*Immediately before serving, prepare dressing. Sprinkle salad with salt + pepper. Dress, toss, and serve!

Serves: about 12+
Big salad! Great for Potlucks!

Serves 6-8: Decrease salad ingredients by half; keep dressing amounts the same.