



Dose  of Nutrition

## Chopped Mango Salad

BY HUMA NAZ



2 servings



Total time:  
10 minutes



Gluten-free



Vegetarian

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## INGREDIENTS

### Salad Ingredients:

- 1 Alphonso mango, diced
- 1/3 cup quinoa, cooked
- 1 cup spinach, finely chopped
- 1 cup iceberg lettuce, finely chopped
- 1 medium carrot, diced
- 1 Persian cucumber, diced
- 1/2 red bell pepper, diced
- 1/4 cup almonds and walnuts, slightly chopped

### Salad Dressing:

- 2 tbsp olive oil
- 1/2 lemon, juiced
- 1 tbsp. honey
- 1/2 avocado
- dash of salt and pepper
- water(1-2 tbsp.)

## DIRECTIONS

- 01** Wash the vegetables thoroughly before cutting them.
- 02** Combine all the vegetables, mango chunks and quinoa in a medium salad bowl. Toss to combine well. Sprinkle nuts over the salad.
- 03** Add all the salad dressing ingredients into a food processor. Add water as needed to help create a bit of a runny consistency. Adjust ingredients per taste.
- 04** Drizzle the salad dressing over the entire salad bowl and toss to combine thoroughly or add a serving to your personal salad portion.

## RECIPE NOTES:

- Don't add the dressing until you will serve the salad to prevent ingredients from getting soggy.

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