

MANGO & CASHEW SALAD

Yield: 8 Servings (2 cups per serving)



TOTAL TIME: 15 minutes

INGREDIENTS

- 1½ Tbsp. and ⅓ cup extra-virgin olive oil, divided
- 1½ cups whole, unsalted cashews (Bulk Foods)
- ⅛ tsp. cayenne pepper
- ¾ tsp. salt
- 2 Tbsp. clover honey
- Juice from 1 lime (about 2 Tbsp.)
- 3 bags (5 oz. each) arugula blend salad
- 3 mangos, peeled, seeded, 1-inch dice (about 3½ cups)

PREPARATION

1. Heat 1½ Tbsp. oil in skillet on medium. Add cashews, cayenne pepper and salt; stir in honey.
2. Remove from heat; toss, set aside to cool.
3. Whisk lime juice and remaining ⅓ cup olive oil in small bowl.
4. Combine arugula, mango and cashew mixture in large bowl; drizzle with dressing.

NUTRITION

Per serving: Calories: 330; Fat: 24 g (4g Saturated fat); Cholesterol: 0 mg; Carbohydrates: 28 g; Protein: 6 g; Fiber: 3 g; Sodium: 240 mg.

Recipe courtesy of Wegmans