

THAI GREEN BEAN AND MANGO SALAD

Yield: 8 cups (4 oz. per serving)



TOTAL TIME: 25 minutes

INGREDIENTS

- 2 pkgs. (8 oz. each) Food You Feel Good About Cleaned and Cut French Beans
- 1 medium mango, peeled, thinly sliced
- 1 medium red bell pepper, thinly sliced
- ½ medium red onion, thinly sliced
- 1 Tbsp. chopped fresh cilantro
- 1 Tbsp. Thai Kitchen Premium Fish Sauce (International Foods)
- Juice of 1 lime (1–2 Tbsp.)
- 1 Tbsp. Wegmans Vegetable Oil
- 1 Tbsp. sugar
- ½ tsp. salt
- 1 clove Food You Feel Good About Cleaned and Cut Peeled Garlic, minced
- 1 tsp. Gourmet Garden Lemon Grass Herb Blend (Produce Dept.)
- 1 tsp. Sriracha Hot Chili Sauce (International Foods)

PREPARATION

Preheat oven to 350 degrees.

1. Prepare green beans per package directions. Transfer to bowl of ice water; drain well. Set aside.
2. Combine mango, red pepper, red onion and cilantro in medium bowl; set aside.
3. Make sauce: Whisk together fish sauce, lime juice, vegetable oil, sugar, salt, garlic, herb blend and chili sauce in a small bowl. Add to mango mixture; toss gently. Add beans and toss. Serve at room temp.

NUTRITION

Per serving: Calories: 70; Fat: 2 g; Cholesterol: 0 mg; Carbohydrates: 13 g; Fiber: 3 g; Protein: 1 g; Sodium: 310 mg.

Recipe courtesy of Wegmans