

Mango & Tomato Salad



2-4 servings | Low-Calorie | Low-Sugar | Low-Cholesterol | High-Fiber

INGREDIENTS

- 2 plum tomatoes, diced
- 2 ripe mangoes, diced
- 1 tbsp olive oil
- 1 tbsp red-wine vinegar
- Sea salt
- Black pepper, freshly ground
- 1 tsp fresh basil, thinly sliced

DIRECTIONS

1. Combine the diced tomatoes and mangoes in a bowl.
2. Add olive oil and red-wine vinegar and toss.
3. Season with sea salt and freshly ground pepper.
4. Garnish with basil.

NOTES: Appropriate for low-calorie, high-fiber, low-cholesterol, vegan diet regimens. For low-fat regimens, use less olive oil.



NUTRITION FACTS: Calories: 53, Total fat: 3.6 g, Saturated fat: 0.6 g, Trans fat: 0 g, Cholesterol: 0 mg, Sodium: 76 mg, Potassium: 230 mg, Total carbohydrates: 4.5 g, Dietary fiber: 2.4 g, Sugars: 2.1 g, Protein: 2.5 g

www.FibonacciMD.com