

# NYBG

EDIBLE ACADEMY  
FRESH FROM THE GARDEN TASTINGS



## THE CARIBBEAN GARDEN'S MANGO, RED ONION, & CILANTRO SALAD

A Family Garden - Global Gardens perennial favorite  
Serves 2-4

### **Ingredients**

1 medium-sized red onion, peeled and minced  
2 mangos, peeled and cut into bite-sized dice  
2 heads of lettuce, washed and cut into ribbons  
1 lime, for the juice  
1 bunch cilantro  
365 Everyday Value® Organic Extra Virgin Olive Oil, to taste  
(about 2 tablespoons)  
365 Everyday Value® Ground Black Pepper and  
365 Everyday Value® Kosher Sea Salt, to taste

### **Instructions**

Wash all produce. Cut lettuce into bite-sized pieces. Mince onion. Cube mango into bite-sized pieces. In a large bowl, toss all. Add cilantro leaves to taste (chop finely first if desired). In a small bowl with a spoon, fork or whisk, mix together the lime juice, olive oil, salt and pepper. Dress salad and serve.

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