

# Grilled Mango Salad from Chef V

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ChefV.com*

My Grilled Mango Salad is perfect for a hot summer day. It combines the hearty flavor of black beans with the luscious richness of mangoes and avocado, all in a healthy salad, perfect before or after a **Chef V Cleanse**.

Chef V's tip: Add grilled chicken or fish for more protein! – Veronica

## Ingredients

- 1 to 2 mangos, peeled and cut into thick slices
- 4 cups mixed greens (use your fav!)
- 1/2 cup red onion
- 1 cup cooked and cooled or 1 (15 ounce) can black beans, drained and rinsed
- 1 avocado, diced
- 1/4 cup Cilantro Lime Dressing



## Instructions

1. Preheat a grill or grill pan on a stove over medium-high heat.
2. Place the mango sliced on the grill rack or pan and cook for 1 minute, or until grill marks appear.
3. Transfer to a cutting board and cut the grilled mango into smaller chunks.
4. Plate the greens and top with grilled mango, red onion, and black beans.
5. Drizzle with dressing and serve.

## Cilantro Lime Dressing

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- 1 tablespoon fresh lime juice
- 1 tablespoon white vinegar
- 1/8 teaspoon sea salt
- 1 clove garlic, minced or pressed
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons cold-pressed olive oil
- 2 tablespoons cold filtered water

For Cilantro Lime Vinaigrette, process all ingredients in a Vitamix until smooth and well combined. Will keep refrigerated in an airtight container for up to 1 week.

Shake well before each use.