



Serves 6

Cook Time: 15 minutes

INGREDIENTS:

FOR SALAD:

3 cups green beans or Asian long beans

2 slightly underripe mangos

1 cup cherry or grape tomatoes, halved

¼ cup fresh cilantro

3 green onions, sliced

¼ cup peanuts, crushed

FOR DRESSING:

2 tablespoons fresh lime juice

1 tablespoon gluten-free tamari

½ teaspoon unrefined cane sugar

1 fresh Thai chili, minced (optional)

Green Bean and Mango Salad

Whenever I go out for Thai food, I always order a mango salad—and I always wish it contained more greens than just a sprig or two of cilantro. This gluten-free salad fixes that with lots of green beans.

Adapted from *Greens 24/7*

By Jessica Nadel

- 1 Bring a pan of water to a boil. Add the green beans and cook for up to 2 minutes, until bright green and tender-crisp. Drain, then plunge them into a bowl of ice water to halt the cooking process. Drain again. Trim the ends and slice the beans in half lengthwise. Place them in a large bowl and set aside.
- 2 Seed and peel the mango and slice into long, thin strips. Add mango to the green beans, along with the tomatoes, cilantro, onion, and peanuts.
- 3 Whisk together the lime juice, tamari, cane sugar, and chili in a small bowl. Pour over the salad, toss, and serve. The salad can be made and dressed ahead of time and left to chill and marinate in the fridge for up to 3 hours.