



Wellnessleuth Recipes

Enjoy your day with
delicious food

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MANGO CUCUMBER AND AVOCADO SALSA

INGREDIENTS:

- 1 mango (peeled and diced)*,
- 1 cucumber (peeled and diced)*
- 1 avocado (diced)*
- 1 red bell pepper (seeded and diced)*
- 1/4 cup cilantro (chopped)*
- 2 garlic cloves (minced)*
- 1 pint cherry tomatoes, halved*
- 1 small red onion,*
- 1 small jalapeño,*
- 2 tablespoons chopped fresh cilantro,*
- juice of 1 lime.*
- salt and pepper. (to taste)*

DIRECTIONS

- Directions*
- Start by*
- peeling and dicing the mango.*
- Then seed and dice the cucumber.*
- Cut the avocado in half, remove the pit and dice it.*
- Seed and dice the bell pepper*
- Finely dice the red onion.*
- Seed and mince the jalapeño.*
- Mince the garlic cloves*
- Chop the cilantro*
- In a medium bowl, combine all of the ingredients and mix until combined.*
- Add the lime juice, cherry tomatoes, and cilantro and stir to combine.*
- Season to taste with salt and pepper.*
- Serve immediately or store in an airtight container in the fridge for up to 24 hours.*
- Note: Wait to dice the avocado until you're within a few hours of serving the salsa.*



**GRILLED
POLENTA
CROSTINI**

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)



EGG ROLL BOWLS

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)



**MIXED BERRY
SALAD WITH
RASPBERRY
VINAIGRETTE**

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)