

Mango Salad

Mango, diced, 1 cup
Tomato, seeded and diced, 1 cup
Cucumber, seeded and diced, 1/2 cup
Avocado, cubed, 1/2 cup

Dressing:

1 Tbs extra virgin olive oil
1 Tbs rice vinegar
1 tsb sugar
2 cloves garlic, minced
2 shallot, thinly sliced
Salt and pepper to taste

Prepare dressing first and mix with rest of the ingredients, then enjoy!

It is refreshing and great as a side dish for summer BBQ.

For a fancier dish, top with a cup of cooked lobster meat, and you'll be ready for a party.