



## Chef Pierre Thiam's Fonio Mango Salad

Grown and revered across West Africa for over 5,000 years, fonio is a gluten-free, nutritionally dense grain that is rich in minerals and amino acids with a low glycemic index.

This fonio mango salad is bursting with fresh herbs and lemon, and so easy to throw together it will become a weeknight staple! Bring it to summer picnics or whip up for a bright #MeatlessMonday dinner!

### Ingredients

4 cups cooked fonio	1/3 cup olive oil	1 cup diced cucumber (English, or Persian
Juice of 1 lemon (plus more to taste)	1 large ripe mango (peeled, pitted,	have best crunch and less bitter skin)
1 tbsp grated fresh ginger	and diced)	1 bunch mint (finely chopped)
1 tsp salt (plus more to taste)	1/2 red onion (finely diced)	1 bunch parsley (finely chopped)
Black pepper or red pepper flakes	1 pint grape tomatoes (quartered)	

### Directions

1. To prepare the dressing, whisk together lemon, ginger, salt + pepper. Slowly pour in the olive oil and keep whisking to emulsify.
2. Combine the cooked and cooled fonio with all of the other ingredients in a large bowl.
3. Pour dressing over salad, toss, adjust seasoning to taste, and serve!