

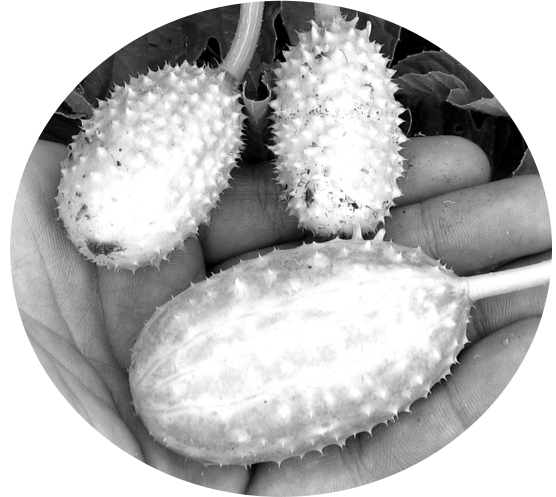
*Fresh Maxixe combined with white vinegar, salsa, and green onions,
for a refreshing summer time salad!*

Serves 4

Maxixe Salad

8 Maxixes, washed, peeled, and sliced thin
1 tablespoon green onions, washed, chopped
1/2 cup white vinegar
1 tablespoon sugar
2 tablespoons salsa
Dash of salt and pepper

1. Wash and prepare vegetables.
2. In a medium bowl, mix all ingredients, except maxixes.
3. Add maxixes and mix well.
4. Refrigerate for at least 10 minutes and serve.



Tips:

- Add cooked whole-wheat pasta or cooked brown rice for another great-tasting salad.
- Place maxixe salad on top of fresh baked salmon or whitefish for a refreshing meal.
- Spread a small amount of low-fat vegetable cream cheese on a slice of whole-wheat toast and top with maxixe salad.
- Serve maxixe salad mixed with cold taioba sauté.

Nutrition Facts: Serving size: 1/2 cup; Calories: 40; Fruits and Vegetables: 2; Fat: 0 g; Fiber: 1 g

Maxixe

This vegetable is similar to the cucumber and is popular in Northern Brazil and the West Indies where it is called West Indian gherkin. It can be eaten raw and has a slight lemony taste. In Brazil, the variety of seed is called "Maxixe do norte" ("Maxixe of the north" in Portuguese). In this part of Brazil, it is used in salads and soups, and cooked with beef dishes.

For more information on Brazilian crops, visit: www.worldcrops.org



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