

black bean mango salad

Serves 6

- ¼ cup extra virgin olive oil
- ¼ cup balsamic vinegar
- Juice of 1 lime
- 2 15-ounce cans black beans, rinsed and drained (see note)
- 1 15-ounce can whole kernel corn, drained
- 1 green bell pepper, chopped
- 1 red pepper, chopped
- ½ cup green onions, chopped
- 2 avocados, cubed
- 2 mangos, peeled and chopped
- Sea salt & black pepper to taste

Mix olive oil, vinegar, and lime juice in the bottom of a large mixing bowl.

Add remaining ingredients and toss to coat with dressing.

Refrigerate 1 hour before serving.

Serve as a salad or dip with organic blue corn tortilla chips.

tip▶ Can be made in advance. Leave out avocado until ready to serve.



Rinsing and draining beans can reduce the sodium content by 40%.

