

Mango, Avocado and Black Bean Salad

Ingredients

- 1 head romaine lettuce, torn into bite-size pieces
- 1 15.5-oz can no-salt-added black beans, rinsed and drained
- 1 15.25-oz can no-salt-added or low-sodium whole-kernel corn, rinsed and drained
- 2 medium mangoes, cut into ½-inch cubes
- 1 medium avocado, cut into ½-inch cubes
- 2 medium green onions, cut into 1/2-inch pieces OR 1/2 small red or white onion, cut into 1/2-inch pieces
- 1 medium red or green bell pepper, cut into ½-inch pieces
- 1 small fresh jalapeno, seeds and ribs discarded, finely chopped (optional)
- 3 tablespoons fresh lime juice
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon olive oil
- ½ teaspoon chili powder
- ¼ teaspoon pepper
- ¼ teaspoon salt



Directions

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1. Put the lettuce on plates or in bowls. Set it aside.
2. In a medium bowl, stir together the beans, corn, mangoes, avocado, onions, bell pepper and jalapeno.
3. In a small bowl, whisk together the lime juice, cilantro, oil, chili powder, pepper and salt until well mixed. Pour over the bean mixture, gently tossing to coat.
4. Spoon over the lettuce.