

Black Bean Mango Salsa

Prep time: 10 min
Makes 3-4 cups



INGREDIENTS

- 1 mango (or 1 cup frozen and thawed)
- ¼ red bell pepper
- ¼ cucumber
- ¼ red onion
- ½ cup canned black beans
- 3 tablespoons cilantro
- 1 lime (or 2 Tbsp lime juice)
- ¼ teaspoon salt
- ¼ teaspoon cumin

Optional:

1 avocado and 1 tomato

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Dice the mango, bell pepper, cucumber, and onion.
2. Drain and rinse the beans.
3. In a bowl, combine mango, bell pepper, onion, cucumber and black beans and optional avocado or tomato.
4. Chop cilantro and add to bowl.
5. Squeeze the juice of the lime over the mixture, and add salt and cumin. Mix everything together.
6. Serve with whole grain chips or crackers, or use as a topping for grilled chicken or fish. Also makes a great addition to tacos or lettuce wraps!