Mango, Avocado, and Black Bean Salad

Ingredients:

1 (15oz) can black beans, drained and rinsed
1 1/4 cups frozen corn, thawed
1 medium avocado, cut into 1/2 inch cubes
2 cups mango
2 green onions, chopped
1/4 cup shallots, minced
1 red bell pepper, chopped
1/2 – 1 jalapeño, seeded, finely chopped
1 head romaine lettuce, chopped
3 tablespoons lime juice
1 tablespoon olive oil
2 tablespoons fresh cilantro, chopped
1/2 teaspoon chili powder
1/4 teaspoon ground black pepper
1/4 teaspoon salt

Nutrition Facts

Serving Size (419g)
Servings Per Container 6

Amount Per Serving	
Calories 260	Calories from Fat 80
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 270mg	**11%**
Total Carbohydrate 48g	**16%**
Dietary Fiber 11g	**44%**
Sugars 5g	
Protein 7g	

Vitamin A 240% • Vitamin C 90%
Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Wash and dry lettuce, then chop or tear into 2-inch pieces and divide into 6 bowls or plates.
2. Combine lime juice, olive oil, cilantro, chili powder, pepper, and salt in a small bowl and whisk until smooth.
3. Combine black beans, corn, mango, avocado, onion, jalapeño, and dressing, and toss gently to coat.
4. Distribute bean mixture evenly over lettuce on the 6 bowls or plates.

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