



# Black Bean, Mango, and Avocado Salad

SERVING: 1 CUP  
YIELD: 6

PREP TIME: 15 MIN  
TOTAL TIME: 30 MIN

## Ingredients

- 1 can Black Beans, low sodium 15.25 oz
- 2 small Mangoes, diced
- 2 Avocados, diced
- 1 can Corn, 15.5 oz
  - **OR** 1 pkg frozen corn, steamable
- 1 red Red Bell Pepper, chopped
- 1/2 Red Onion, chopped
- 1/2 cup Cilantro, chopped
- 4 limes, juiced

### Seasonings:

1/2 tsp chili powder, 1/2 tsp cumin, 1/2 tsp garlic powder

## Directions

1. Add black beans, diced mango, avocado, corn kernels, bell pepper, onion and cilantro to a large bowl. Then squeeze your lime juice over the top and toss the salad until it's fully coated. Stir in your seasonings.
2. Place your salad in the fridge for at least one hour to chill before serving. Serve with extra lime wedges on the side!
3. If using frozen corn: Thaw the corn kernels according to the package's directions. Make sure the corn has thawed completely before adding it to your salad!

## Nutrition Facts

6 servings per container

**Serving size** 1 cup (0.0g)

**Amount Per Serving**

**Calories** **250**

**% Daily Value\***

**Total Fat** 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 15mg **1%**

**Total Carbohydrate** 43g **16%**

Dietary Fiber 10g **36%**

Total Sugars 19g

Includes 0g Added Sugars **0%**

**Protein** 7g

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 1.8mg 10%

Potassium 710mg 15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*Recipe adapted from Sprouts.com

Cost Per Recipe

\$3.35

Cost Per Serving

\$0.56