

BEYOND HUNGER

TROPICAL BEAN SALAD

This tangy salad is enjoyable as a side dish (served with corn tortillas chips) or as a topping for tacos, chicken, or fish. This recipe is super-packed with Vitamin C. Vitamin C is a powerful antioxidant that protects your cells from damage. Tropical salad recipes, like this one, are fantastic ways to get your servings of fruits and vegetables for the day!

Yield: 6 servings

Ingredients

- 3½ cups **pinto beans**, no-salt-added, canned, drained, and rinsed (dry cooked pinto beans preferred)
- 1½ cups **mango**, fresh or canned, diced
- ½ cup **red bell pepper**, diced
- ½ cup **green bell pepper**, diced
- ¾ cup **tomato**, diced
- 1 tablespoon **olive oil**
- 2 tablespoons **lime juice** (or the juice of 1 lime)
- ½ teaspoon **oregano**, dried
- ½ teaspoon **cumin**, ground
- ¼ teaspoon **black pepper**, ground
- ½ teaspoon **salt**
- 2 tablespoons **cilantro**, fresh, chopped (optional)

Instructions

1. In a medium bowl, mix together pinto beans, mango, red and green bell peppers, and tomato to make a salad.
2. Prepare dressing: In a small bowl, whisk together olive oil, lime juice, oregano, cumin, pepper, and salt.
3. Toss tropical bean salad with dressing.
4. Cover and refrigerate. Chill for at least 2 hours to allow the flavors to fuse.
5. Serve 1 cup black bean salad with a handful of tortilla chips.

Per Serving: Calories 204, Carbohydrates 35.9 g, Protein 10.1 g, Saturated Fat 0.5 g, Sodium 200 mg, Fiber 11 g, Sugars 8 g

This recipe is featured in the July 2021 issue of Beyond the Kitchen and was adapted from USDA Team Nutrition.

