

# Cuban Black Bean Salad

Serves 4

Prep: 15 mins. | Total: 25 mins.

## Salad Ingredients

- 1 1/2 cups black beans, canned, rinsed and drained
- 2 cups cherry tomatoes, halved
- 1 bell pepper, red, chopped
- 1 bell pepper, green, chopped
- 1/2 onion, red, chopped
- 1 cups celery, chopped
- 2 cloves garlic, minced or pressed
- 1 mango, flesh chopped
- 1 avocado, cubed
- 1/2 cups corn, frozen and defrosted (fresh)
- 1 cups rice, brown, pre-cooked

### Per serving:

440 calories

60g carbohydrates

35g total fat

11g protein

## Prep

1. Drain the black beans.
2. Slice cherry tomatoes in half and finely chop peppers, onion, and celery.
3. Mince the garlic.
4. Cube mango and avocado.
5. Cook brown rice according to directions.

## Make

1. Add beans, tomatoes, pepper, onion, garlic, corn, and celery to a large bowl and mix.
2. Fold in mango, avocado, and brown rice.
3. Add mojo dressing and toss well. Season with salt & pepper to taste.

## Dressing:

- 1/4 cups olive oil
- 1 Tbs lime juice
- 1 1/2 tsp Dijon mustard
- 1 clove garlic, minced or pressed
- 1 tsp honey
- 1 tsp cumin
- 1 tsp chipotle pepper in adobo sauce, chopped
- 1/2 cups cilantro, chopped
- 1/2 cups parsley, chopped

