

Recipe for

Black Bean Pico De Gallo

SERVES 1

PREP TIME/TOTAL

TIME Approx 5 min / 5 min

NUTRITION INFORMATION

Total Calories 226

Fat 7.6 g

Protein 9.6 g

Carbohydrates 32.4 g

Fiber 12.5 g



INGREDIENTS

1/2 c. black beans

2 diced roma tomatoes

2 tbsp diced red onion

1/4 diced avocado

Chili powder to taste

Cumin to taste

1/2 juice from lime

Four sprigs of fresh cilantro, diced

DIRECTIONS

Add 1/2 cup beans to a small pot over medium - low heat

Add diced tomatoes, avocado & onions

Mix in cumin, chili powder

Squeeze 1/2 lime over mix and stir

Gently fold in diced cilantro

Enjoy with a spoon or over a romaine lettuce leaf for crunch.

Additional spice suggestions: Minced garlic, black pepper, smoked paprika

