Mango, Avocado, and Black Bean Salad with Lime Dressing

This colorful and hearty salad has tropical flavors and a good nutritional balance with avocado, mango, and black beans.

Ingredients:

- 2 firm, ripe avocados, cubed
- 3 tablespoons lime juice, divided
- 2 firm, ripe mangos, cubed
- 1 jalapeno, stemmed, seeded and diced
- 1 teaspoon lime zest
- 2 tablespoons chopped cilantro, plus more for garnish
- ½ teaspoon sea salt
- ¼ teaspoon fresh black pepper
- ¼ teaspoon sugar
- 3 tablespoons extra-virgin olive oil
- 1 (15-ounce) can black beans, rinsed and drained

Directions:

Salad
1. Gently toss cubed avocado with 1 tablespoon of lime juice in a medium bowl.
2. Add mango and jalapeno to bowl, and toss to combine. Set aside.

Dressing
1. Whisk together the 2 remaining tablespoons of lime juice, zest, cilantro, salt, pepper, and sugar in a large serving bowl.
2. Slowly add the olive oil, whisking in until the dressing is well incorporated and thickened.
3. Add the avocado mixture and the black beans.
4. Toss gently, and garnish with cilantro.

Serving Size: 2/3 cup

Yield: 9 servings

<table>
<thead>
<tr>
<th>Nutrition Information / Amount per serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total fat</td>
</tr>
<tr>
<td>Saturated fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
</tbody>
</table>

For other great recipes, check out our cooking classes and cookbook at www.nutritioncenter.colostate.edu