

Avocado, Corn and Black Bean Salad

This recipe is versatile – eat as a salsa or topping for a main dish. The fiber in this salsa comes from the avocado as well as the beans. Avocados are high in healthy monounsaturated fat and make a delicious addition to salsa. Use with baked chips or as a topping for grilled chicken or fish.

Makes 6 servings

Ingredients:

1/2 avocado, diced
1 cup frozen sweet corn, thawed
1 cup kidney beans, black beans or pinto beans
1/4 cup finely chopped red onion
1 large tomato, seeded and chopped
1 jalapeno pepper, seeded and chopped
1/4 cup lime juice
2 Tablespoons freshly chopped cilantro

Instructions:

Combine avocado, corn, beans, onion, tomato, jalapeno, lime juice and cilantro in a medium bowl. Refrigerate until ready to use.



Nutrition Information

Per Serving

| | |
|---------------|-------|
| Calories | 117 |
| Fat | 4 g |
| Saturated fat | 1 g |
| Cholesterol | 0 mg |
| Protein | 4 g |
| Carbohydrates | 18 g |
| Fiber | 4 g |
| Sodium | 80 mg |

