

Black Bean Mango Salad

This satisfying salad features a rainbow of healthy ingredients mango, red bell peppers and corn. But black beans are the star here: They're packed with protein and fiber to help you feel full, plus nutrients that help lower your risk of colon cancer and heart disease. You can serve this salad right away or make the vegetable mixture up to a day ahead.



INGREDIENTS

- 1 mango, peeled, pitted and cubed
- 2 tablespoons chopped fresh cilantro
- 4 green onions, thinly sliced
- 1 medium red bell pepper, seeded and chopped
- 1 cup frozen corn, thawed or fresh corn off the cob
- 3 cups cooked black beans* or 2 (15 ounce) cans black beans, no-salt-added or low sodium, drained
- 3 tablespoons fresh lime juice
- 1 teaspoon minced fresh garlic
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- Dash chili powder
- 9 cups chopped romaine lettuce

Servings: 6

PREPARATION

1. If using fresh corn on the cob, steam for 7 minutes or until tender, drain, cool, and cut kernels off the cob, cutting close to the cob.
2. Mix all the ingredients, except the lettuce. Allow salad to stand at least 15 minutes before serving. Serve on a bed of chopped green lettuce.
3. The vegetable mixture can be made a day ahead and refrigerated. To do so, combine all the ingredients except the mango. Add the mango and a splash of lime juice just before serving

** Use 1 cup dried beans.*

NUTRITION

Per serving: 279 calories; 55 g carbohydrates; 17.7 g fiber; 1.7 g fat; 16 g protein; 17 mg sodium; 0.3g saturated fat, 5005ug beta-carotene; 91 mg vitamin C; 106 mg calcium; 4.9mg iron; 398ug folate; 135 mg magnesium; 2.2 mg zinc; 2.9ug selenium

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