

Mango and Bean Salad



INGREDIENTS (Serves 6)

- ¼ cup red onion, thinly sliced
- 2½ tablespoons lime juice (about 1 fresh lime)
- 1 teaspoon lime zest (zest from 1 fresh lime)
- 1 tablespoon olive or canola oil
- ¾ cup frozen corn, caramelized
- 1 tablespoon brown sugar or sucanat
- 1 15-ounce can black beans, rinsed and drained
- 1 15-ounce can white beans, rinsed and drained
- 1 small mango, peeled and diced
- ½ red bell pepper, diced
- ½ small jalapeno pepper, minced
- ¼ bunch fresh cilantro, chopped
- ½ avocado, peeled and diced
- 1 teaspoon minced garlic
- Salt to taste

PREPARATION

1. Marinate the sliced red onion in the lime juice and lime zest for 30 minutes in a small bowl.
2. Meanwhile, caramelize the corn by heating 1 tablespoon of olive or canola oil in a sauté pan over medium-high heat. Remove from heat and let cool.
3. Combine the canned beans, mango, red bell pepper, jalapeno, cilantro, avocado and garlic with the marinated onions and cooled corn. Toss gently and add salt to taste.

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SHOPPING LIST

Produce

1 mango
1 red bell pepper
1 jalapeno pepper
Bunch of cilantro
1 avocado
1 red onion
1 lime
Garlic

Grocery

15 ounce can black beans
15 ounce can white beans
Olive or canola oil
Brown sugar or sucanat
1 10-ounce bag frozen corn

SERVING SUGGESTION

Goes great with grilled chicken or beef, fried plantains or corn chips.

NUTRITIONAL INFORMATION

Per Serving: 211 calories, 3 g. fat, 0 mg. cholesterol, 37 g. carbohydrate, 9 g. dietary fiber, 10 g. protein, 579 mg. sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Christie Borders

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