**Be Fit Basics: Mango Black Bean Salad**

Adapted from Cooking Light

1 mango, chopped and peeled (or about 1½ to 1¾ cups)
½ cup thinly sliced green onions (scallions), the white and green parts
½ cup cooked grain (use leftover rice, quinoa, etc.) or corn kernels
¼ cup finely chopped cilantro
2 tbsp fresh tomato salsa (or diced tomato)
1-15 ounce can low-sodium black beans, rinsed and drained
juice of 1 lime
2 tbsp olive oil
½ tsp salt (or to taste)
¼ tsp black pepper

**Instructions:**
In a large bowl, combine all ingredients and toss gently to mix.

**Yield:** Serves 6

**Notes:**
- Can’t find fresh mango? Look for frozen cubed mango in the freezer section of your grocery store.
- This is a great use of the leftover grain from last night’s dinner. Find yourself without a cooked grain? Substitute fresh or frozen corn kernels instead. (Nutrition information calculated with brown rice.)
- Dislike cilantro? Substitute another green herb, like parsley.

**NUTRITION INFORMATION PER SERVING (about 2/3 cup):**

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<tr>
<th></th>
<th>CALORIES: 160 calories</th>
<th>PROTEIN: 5 g</th>
<th>SODIUM: 250 mg</th>
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<tr>
<td></td>
<td>CARBOHYDRATE: 27 g</td>
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<td>FAT: 5 g</td>
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