



BeFit

Be Fit. Eat Healthy. It's your choice.

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):

CALORIES: 160 calories	PROTEIN: 5 g	SODIUM: 250 mg
	CARBOHYDRATE: 27 g	FIBER: 5 g
	FAT: 5 g	Sat Fat: 1 g