



Black Bean and Mango Salsa

Use this as a dip for tortilla or a pita chips! Try it on a wrap with chicken for lunch! Use it as a dressing on salad with lunch or dinner.

<u>U.S.</u>		<u>Metric</u>
1 medium	Mango, small dice	207 g
1/4 medium	Onion, small dice	110 g
1 medium	Tomato, small dice	111 g
1 cup	Black beans, canned, drained and rinsed	424 g
1 tbsp	Red Wine Vinegar	15 mL
1 each	Lime, juiced	1 each
1 tsp	Cumin, ground	3 g
1 tsp	Olive Oil	5 mL
1/4 tsp	Kosher Salt	1.25 g
1/8 tsp	Black Pepper, ground	0.6g

Preparation:

1. Gather all the ingredients and equipment.
2. Place all ingredients in a medium sized bowl and mix together.
3. Allow salsa to set in refrigerator for an hour or overnight and serve! Refrigerate leftovers in a covered dish and enjoy for up to 3 days.

Nutrition Facts

Serving size	0.25
Servings	10
Calories	80
Calories from Fat	15
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Sodium	210 mg
Carbohydrates	13 g
Dietary Fiber	4 g
Sugars	5 g
Protein	3 g
Vitamin A	6 %
Calcium	25 %
Vitamin C	2 %
Iron	4 %
Phosphorus	52 mg
