



Black Bean Salad

Ingredients

- 1 (15 ounce) can of black beans, thoroughly rinsed, and drained (or 1 1/2 cup of freshly cooked black beans)
- 3 fresh plum tomatoes, seeded and chopped
- 1/2 cup chopped green onions or shallots
- 2 fresh jalapeño peppers, seeded and minced
- 1 avocado, peeled, seeded, and cut into chunks
- 1/2 cup fresh chopped cilantro
- 2 Tbsp lime juice (about the amount of juice from one lime)
- 1 Tbsp olive oil
- Salt and pepper to taste

Directions

1. Make sure to rinse and drain the beans, if you are using canned beans.
2. In a large bowl, combine the beans, onions, jalapeno chile peppers, tomatoes, avocado, cilantro, lime juice and olive oil. Add salt and pepper to taste. Chill before serving.

Serves 6 to 8