

Mango and Black Bean Salad

Canned beans are a great option for working protein and fiber into dishes. We tested this recipe with organic, no-salt-added beans to keep sodium in check. The sweet mango brightens the earthiness of the beans and wild rice. Garnish with fresh cilantro. Serve with spicy pork tenderloins.

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- **Yield:** 6 servings (serving size: 2/3 cup)

Ingredients

- 1 1/2 cups chopped peeled ripe mango
- 1 cup thinly sliced green onions
- 1/2 cup cooked wild or brown rice
- 3 tablespoons finely chopped fresh cilantro
- 2 tablespoons roasted tomatillo or fresh salsa

- 2 tablespoons fresh lime juice
- 2 tablespoons extravirgin olive oil
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 (15-ounce) can organic no-salt-added black beans, rinsed and drained

Preparation

1. Combine all ingredients in a large bowl. Toss gently to mix.

Nutritional Information

Amount per serving

- Calories: 167
- Calories from fat: 29%
- Fat: 5.4g
- Saturated fat: 0.7g
- Monounsaturated fat: 3.4g
- Polyunsaturated fat: 0.8g
- Protein: 5.2g
- Carbohydrate: 25.5g
- Fiber: 5.5g
- Cholesterol: 0.0mg
- Iron: 1.1mg
- Sodium: 226mg
- Calcium: 41mg

WW Points Plus: 4

Recipe courtesy of Wellness @ Work, www.uncwellnessatwork.org.