

Black Bean and Avocado Salad

- 1 can Black beans, drained, rinsed, (16-ounce)
- ½ c Carrots, diced
- 2 Tomatoes, medium, diced
- ¼ c Onion, red, medium, diced
- 1 Avocado, diced
- 1 T Olive oil
- Black pepper to taste

1. In a large bowl, COMBINE beans, carrots, tomatoes, red onion and avocado.
2. TOSS with olive oil, and season with pepper to taste.
3. SERVE chilled.

Makes 11 - 1/2 c servings

Nutrition Information: 70 calories, 4 g fat, 0 mg cholesterol, 180 mg sodium, 9 g carbohydrates, 4 g dietary fiber, 2 g protein



Chickasaw Nation Nutrition Services

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