

## **Black Bean and Mango Salad Recipe**

- 1 15.8 ounce can black beans, drained and rinsed
- 2 cups mango, diced
- 1 cup sweet red bell pepper, diced
- 6 green onions, thinly sliced
- 1/4 cup cilantro leaves, chopped
- 1/4 cup fresh lime juice
- Salt to taste

Combine all ingredients, including beans, in bowl. Toss and serve.

Makes four servings as a side salad.

*Recipe courtesy of Bush's® Beans - adapted for Diabetes Seminar*

© Stephen Wickham 2018. All Rights Reserved. Version 3.7

## **Black Bean and Mango Salad Recipe**

- 1 15.8 ounce can black beans, drained and rinsed
- 2 cups mango, diced
- 1 cup sweet red bell pepper, diced
- 6 green onions, thinly sliced
- 1/4 cup cilantro leaves, chopped
- 1/4 cup fresh lime juice
- Salt to taste

Combine all ingredients, including beans, in bowl. Toss and serve.

Makes four servings as a side salad.

*Recipe courtesy of Bush's® Beans - adapted for Diabetes Seminar*

© Stephen Wickham 2018. All Rights Reserved. Version 3.7