



Black Bean and Avocado Salad

This salad made from pantry staples and fresh herbs can be tossed together quickly when unexpected guests show up! Packed with fibre, protein, iron, and vitamins A and C, this colourful salad is not only light and refreshing but attractive too. Make this a complete meal by serving it with crusty whole grain bread on the side.

Prep: 25 minutes • Total: 30 minutes

Ingredients:

Black beans	2 cans	400 g
Sweet corn	1 can	400 g
Orange pepper, diced	1	1
Cherry tomatoes, quartered	1 ½ cups	375 mL
Extra virgin olive oil	3 Tbsp	45 mL
Fresh parsley, chopped	3 Tbsp	45 mL
Fresh basil, chopped	3 Tbsp	45 mL
Fresh mint, chopped	2 Tbsp	30 mL
Avocado, diced	1	1
Lemon juice	1 Tbsp	15 mL
Salt	To taste	To taste
Black pepper	To taste	To taste

Directions:

1. Rinse and drain the beans and place in large bowl.
2. Rinse and drain the corn and add to the beans.
3. Add diced peppers and quartered tomatoes into the bowl.
4. Stir in all fresh herbs and pour in olive oil. Toss gently to mix.
5. In a separate bowl, toss avocado cubes with lemon juice to prevent browning.
6. Add avocado to the salad and mix well.
7. Season with salt and pepper and serve.

Nutrition Facts

Serving Size (459g)
Servings Per Container

Amount Per Serving

Calories 420 **Calories from Fat 170**

% Daily Value*

Total Fat 19g **29%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 52g **17%**

Dietary Fiber 15g **60%**

Sugars 6g

Protein 14g

Vitamin A 20% • **Vitamin C 120%**

Calcium 10% • **Iron 20%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: The Vegetarian Student Cookbook

Makes 4 servings (459 g / serving) • 1 serving = ¼ recipe

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