

Tropical Bean Salad

This tangy salad is delicious as a side dish or as a topping for tacos, chicken, or fish. Mangoes are a tropical stone fruit. In the United States, Florida is the largest producer of mangoes.

Makes: 6 servings

Ingredients

- 2 cans low-sodium black beans, drained and rinsed
- 1 ½ cups mango, fresh or frozen, diced
- ¾ cups tomato, diced
- 1 tablespoon olive oil
- 2 tablespoons apple cider vinegar
- ½ teaspoon oregano, dried
- ¼ teaspoon black pepper, ground
- 3 cups romaine lettuce, chopped



Directions

1. In a medium bowl, mix together black beans, mango, and tomato.
2. To prepare the dressing: in a small bowl, whisk together oil, vinegar, oregano, and black pepper.
3. Toss black bean salad mixture with dressing.
4. Cover and refrigerate. Chill for at least 2 hours to allow the flavors to fuse.
5. Serve over chopped lettuce.

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