

Black Bean and Avocado Salsa

Excellent source of Protein, Iron and Vit C

1 serving

Ingredients:

- 1/4 cup drained black beans
- 1/2 chopped tomato
- 1/2 avocado peeled and diced into pieces
- 2 tsp of chopped red onion
- 1 Tbsp of finely chopped jalepeno (optional)
- 1 Tbsp of chopped fresh cilantro
- 1 pinch of salt
- 1 lime wedge



Directions:

Mix the first six ingredients all together. Squeeze lime juice and salt into mixture. Let chill for 30 minutes for flavors to enhance. Enjoy with pita chips or tortilla chips!