

Black Bean Salad with Avocado Lime Dressing



Ingredients

1 ripe avocado, mashed
1/4 cup cilantro, chopped
2 Tbsp lime juice
2 cans black beans, rinsed and drained (15 oz)
4 cups romaine lettuce, shredded
1 cup grape tomatoes, halved

1 cup corn kernels, fresh or frozen
1 small red pepper, chopped
1/2 cup toasted pumpkin seeds

Instructions

In a large bowl, whisk together avocado, cilantro and lime juice until blended. Add beans, lettuce, tomatoes, corn, pepper, pumpkin seeds and toss until evenly coated.

Nutrition Information Per Serving

Calories: 360
Fat: 0
Saturated Fat: 1.5 gm
Sodium: 35 mg
Fiber: 18 gm
Carbohydrates: 52 gm
Protein: 16 gm