Mango Bean Salad

Source: The Cheese Trap by Neal Barnard, MD; recipe by Dreena Burton, chef, founder of plantpoweredkitchen.com

To make this easy-to-prepare salad more filling, try it tucked into a whole-grain tortilla with spinach or your favorite leafy green.

About the Recipe

330 Calories · 17.4 g Protein · 19.2 g Fiber
Lunch · Dinner
Gluten-free · Nut-free

Serve with optional corn tortilla for gluten-free option.

Ingredients

Makes 5 Servings

- 1 1/2 c (248 g) cubed fresh mango
- 1 c (149 g) diced red bell pepper
- 1 15-oz (360 g) black beans, rinsed and drained
- 1 15-oz (278 g) pinto beans, rinsed and drained
- 1/4 c (65 g) salsa, or more if desired
- 2 tbsp (13 g) sliced chives or green onion
- 2 1/2 tbsp (38 mL) freshly squeezed lime juice
- 1 tsp (5 mL) pure maple syrup or agave nectar
- 1/2 tsp (2.5 mL) ground cumin
- 1/8 tsp (0.6 mL) ground allspice
- 1/2 tsp (2.5 mL) iodized salt, plus more to taste
- 2 tbsp (30 mL) minced cilantro **optional*

Directions

1. In a large bowl, combine all the ingredients and stir to combine.
2. Taste, and if you'd like more heat and zip from the salsa, add a little more, up to another 1/4 c (65 g).
3. Serve, or refrigerate (covered) for several hours until ready to serve.
4. Notes: If not serving right away, reserve the mango and add just before serving. This will preserve its freshness and flavor.The amount of salt you use may depend on the brand of salsa. Start with 1/2 teaspoon (2.5 milliliters), as it's always easy to add extra later.Use ground cumin and allspice or grind your own.

Nutrition Facts

Per serving (1/5 of recipe)
Calories: 330
Fat: 2 g
    Saturated Fat: 0.3 g
    Calories from Fat: 5.2 g
Cholesterol: 0 mg
Protein: 17.4 g
Carbohydrate: 63.8 g
Sugar: 12.8 g
Fiber: 19.2 g
Sodium: 411 mg
Calcium: 162 mg
Iron: 4.4 mg
Vitamin C: 75.2 mg
Beta-Carotene: 1,191 mcg
Vitamin E: 2.1 mg