

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

- cubed fresh mango (1 1/2 cups or 1 mango)
- diced red bell pepper (1 cup)
- black beans, rinsed and drained (1 15-ounce can)
- pinto beans, rinsed and drained (1 15-ounce can)
- salsa, or more if desired (1/4 cup)
- sliced chives or green onion (2 tbsp.)
- freshly squeezed lime juice (2 1/2 tbsp.)
- pure maple syrup or agave nectar (1 tsp.)
- ground cumin (1/2 tsp.)
- ground allspice (1/8 tsp.)
- sea salt, plus more to taste (1/2 tsp.)
- minced cilantro (2 tbsp.)

Directions

1. Prep ingredients by cubing the mango so you have about 1 1/2 cups (248 milliliters) chopped, dicing the bell pepper (red or any color works), draining and rinsing the beans if using canned, slicing the green onion, juicing the lemon so you have about 2 1/2 tablespoons (38 milliliters), and mincing the optional cilantro so you have about 2 tablespoons (30 milliliters) chopped.
2. In a large bowl, combine all the ingredients and stir.
3. Taste, and if you'd like more heat from the salsa, add a little more, up to another 1/4 cup (65 grams).
4. Serve or refrigerate (covered) for several hours until ready to serve.
5. 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