Pico de Gallo Fruit Salad

Nutrition information per serving:

Calories
90

Carbohydrate
23 g

Dietary Fiber
4 g

Protein
1 g

Total Fat
0 g

Saturated Fat
0 g

Trans Fat
0 g

Cholesterol
0 mg

Sodium
10 mg

Mango and Black Bean Salad

Nutrition information per serving:

Calories
120

Carbohydrate
25 g

Dietary Fiber
7 g

Protein
5 g

Total Fat
1 g

Saturated Fat
0 g

Trans Fat
0 g

Cholesterol
0 mg

Sodium
210 mg

Mango and Black Bean Salad

Use red bell pepper to add more color to this refreshing salad.

Makes 6 servings. *½ cup per serving.* | **Prep time:** 10 minutes

- 1 (15-ounce) can black beans, rinsed and drained
- 2 cups peeled, pitted, and diced fresh mango (about 2 small mangoes)
- ¼ cup sliced green onion
- ¼ cup chopped bell pepper
- 2 tablespoons fresh lime juice
- 2 tablespoons 100% orange juice
- 1 tablespoon chopped fresh cilantro
- ½ teaspoon chili powder
- ¼ teaspoon ground cumin

1. Mix together all ingredients in a large bowl.
2. Salad may be served right away but is best if covered and chilled for at least 1 hour for flavors to blend.