

Recipe:

Black Bean Mango Salad *From the kitchen of Nancy H*

Yields: 4-6 servings

1 cup diced mango

1 - 15oz can black beans, low sodium – drained and rinsed

1 - 15oz can low sodium corn, drained

2 Persian cucumbers, diced

½ cup Balsamic vinaigrette dressing (or your favorite salad dressing)

¼ tsp salt (optional)

2 tsp lime juice

1. Add all ingredients in a bowl and mix lightly
2. Serve with blue corn chips

