

Mediterranean Black Bean Salad

July 21, 2010 By Kristen Feola



Mediterranean Black Bean Salad

2 (15-ounce) cans black beans, rinsed and drained

1 cup chopped green bell peppers

1 cup chopped red bell peppers

1 cup chopped tomatoes, unpeeled, unseeded

1 cup chopped avocado, cut into 1/2-inch cubes (about 1 medium avocado)

1/2 cup diced onions

1/4 cup chopped fresh parsley or cilantro

Dressing

2 tablespoons fresh lime juice

1 tablespoon extra-virgin olive oil

2 cloves garlic, minced

1/2 teaspoon salt

Put beans, peppers, tomatoes, avocado, onions, and parsley in a large bowl. In a small bowl, combine lime juice, olive oil, garlic, and salt. Whisk until combined and pour over salad. Toss well to coat. Refrigerate for 2-4 hours to allow flavors to blend, and serve.

Yield: 12 servings (serving size: about 1/2 cup)