

Goode Foods™ Black Bean Tomato Avocado Salad

Ingredients:

1 can of Goode Foods™ Black Beans (rinsed & drained)
3 medium Roma Tomatoes, chopped
1 medium-size ripe avocado, chopped
Juice of 1 big lime
1 tablespoon of olive oil
1 pinch cumin
Salt and Pepper to taste

Directions:

- In a bowl, toss ingredients together accordingly
- Serve on tostadas or with Tortilla chips

Nutritional Information:

(Makes 6 servings)

- 141 Calories
- 6g Total fat
- 0mg Cholesterol
- 350mg Sodium
- 16g Total Carbohydrate
- 6g Dietary Fiber
- 2g Sugar
- 5g Protein

