

Black Bean and Mango Salad

1 can	no salt added black beans, drain and rinse
1 to 2 mangos	peeled and diced
1	red bell pepper, diced
2	green onions, sliced

Dressing

1 to 2 Tablespoons	extra virgin olive oil
1 Tablespoon	50% sodium reduced soy sauce
½ teaspoon	red pepper flakes
2 Tablespoons	fresh cilantro, chopped (optional ingredient)
¼ cup	fresh lime juice
½ to 1 teaspoon	honey

1. Combine black beans, mango, red bell pepper and green onions.
2. Mix the dressing ingredients together.
3. Pour the dressing over the salad and mix. For best flavour, keep in the fridge for 2 hours or overnight before serving.