



Makes 4 cups
Cook Time: 10 minutes

INGREDIENTS:

1 can (15 ounces) black beans,
drained and rinsed (1½ cups)

1 medium carrot, shredded
(about 1 cup)

½ small red onion, minced
(about ¼ cup)

1 cup cherry tomatoes, halved

2 tablespoons fresh cilantro,
diced

1 avocado, diced

½ lime, juiced

1½ tablespoon garlic granules or
powder

1 teaspoon ground cumin

2 generous pinches of cayenne
pepper, or to taste

Fresca Bean Salad

Chow down. Or lighten up. To make this a heartier dish, add 1½ cups cooked quinoa. Warm quinoa gives the dish a delightful hot-cold contrast. Conversely, the dish can be made lighter by adding 2 cups of fresh greens, like spinach or romaine.

Recipe from [Mexican Plantz eCookbook](#).

By Katie Mae

- 1 In a large bowl, mix the beans, carrots, onion, tomato cilantro, lime juice and spices. Stir in the avocado just before serving and enjoy.