



Mexican Salad with Black Beans & Avocado-Cilantro Dressing

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

Nutrition Information Per Serving

144.8 calories, 14.26 g carbohydrate, 6.27 g fiber, 7.99 g NET carbs, 4.57 g protein, 7.94 g fat

Ingredients

- 1/2 can(s) Eden Foods Organic Black Beans
- 2 head(s) organic romaine lettuce, chopped
- 1/2 medium(s) organic red onion, chopped
- 1 medium organic tomato, chopped
- 1/4 tsp(s) sea salt
- 2 Tbsp(s) organic lemon juice
- 1/2 medium(s) organic avocado
- 2 Tbsp(s) fresh cilantro, chopped
- 1 Tbsp organic extra virgin olive oil
- 2 Tbsp(s) filtered or spring water

Preparation

1. First make the dressing. Add the avocado, lemon juice, water, sea salt and cilantro to a small blender or Magic Bullet. Blend until smooth, adding more water if necessary. Set aside.
2. Divide the lettuce between plates. Top with black beans and tomatoes.
3. Drizzle with dressing.
4. Serve.

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