

Mango and Black Bean Salad

This colorful salad is packed with inflammation-fighting fruits and vegetables.

- 4 large, ripe mangoes, peeled, pitted and cubed
- 1 cup cubed pineapple
- ½ medium cucumber, seeded and sliced
- ¼ cup finely chopped red bell pepper
- 4 small green onions, thinly sliced
- 1, 15-ounce can black beans, rinsed and drained

Honey-Lime Dressing

- 2 tablespoons extra virgin olive oil
- 1 tablespoon honey
- 3-4 teaspoons lime juice
- 1 teaspoon grated lime rind
- 1 tablespoon wine vinegar
- 2 tablespoons water
- ½ teaspoon dried mint leaves or 1 ½ teaspoons fresh, chopped mint
- Pinch of salt

Whisk all dressing ingredients together. Set aside.

Combine mangoes, pineapple, cucumber, bell pepper, green onions, and black beans in bowl; drizzle with lime dressing and toss gently.

Serves: 8 – ½ cup portions

Prep time: 20 minutes