



BLACK BEAN AND FRUIT SALSA

Serves 8

- $\frac{1}{2}$ C. mango, peeled and cubed
- $\frac{1}{2}$ C. canned pineapple, cubed
- $\frac{1}{2}$ C. diced red onion
- $\frac{1}{2}$ C. canned black beans, drain and rinse
- 1 T. Fresh cilantro, minced
- 1 T. Lime juice
- 1 T. Olive oil
- 1 tsp. Ground cumin powder
- $\frac{1}{2}$ tsp. Black pepper



Combine all ingredients in a large bowl; toss gently. Yields 8 $\frac{1}{4}$ cup servings. Serve over a 1 oz. serving of baked corn tortillas.



Calories	48
Calories from fat	16
Total fat (g)	1.8
Protein (g)	1
Total carbohydrate (g)	7.7
Fiber (g)	1