

# Judi's Recipe Club



## Avocado and Black Bean Salad

The Avocado and Black Bean Salad makes for a delicious lunch and so good for you! The combination of dense protein, healthy fats, and high energy veggies will keep you going all afternoon.

### Instructions

Take two bowls, in one drain and rinse the black beans and mix them with vinegar. In the other bowl, mix the avocado, red onion, the cilantro, corn and the tomato.

In a small dish, make a mixture of lime juice, olive oil and garlic.

Combine both bowls together and pour in the lime mixture. Mix until they combine evenly and serve chilled.

#### Modifications:

You can leave out the oil completely.

You can omit the salt completely.

You can reduce the amount of avocados used.

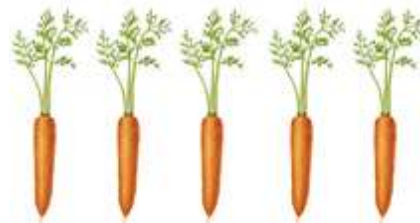
**Original Recipe from:**  
[complete-health-and-happiness.com](http://complete-health-and-happiness.com).

### Ingredients

1 15oz can black beans  
4 Tbsp balsamic vinegar  
2 avocados, diced  
1/4 cup red onions, diced  
1 cup grape tomato, sliced  
1/4 cup cilantro, chopped  
1 clove of garlic  
1 Tbsp lime juice  
1 Tbsp olive oil  
1/2 cup corn kernels  
salt and pepper to taste

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### Our Rating ...



### Makes 4 Servings

Container count is per serving

**1 yellow container**

(or 1 Red container if vegan)

**2 blue containers**

**1 green container**

**1 teaspoon**