

Black Bean and Mango Salsa Salad

From a Phillis Carey cooking class, 5/2012



What a great combination this is - extra flavorful.

3 whole mangos, peeled, pitted, cubed (can also substitute watermelon)

30 ounces black beans, rinsed and drained

3/4 cup red onion, chopped, then soaked 30 minutes in water with 1 T. vinegar added

1/3 cup fresh cilantro, chopped

1 tablespoon serrano pepper, without seeds

2 cloves garlic, minced

1 teaspoon sugar

3 tablespoons fresh lime juice

1 tablespoon olive oil

3/4 cup Feta cheese, preferably sheep's milk, crumbled

Serving Ideas: This a great salad to serve with a grilled meat - burgers, fish, chicken.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 10

1. In a large bowl combine all ingredients except the Feta cheese. Cover and chill until ready to serve.
2. Remove from refrigerator about 15 minutes ahead, sprinkle with Feta cheese and serve. Add more cilantro on top, if desired.

Per Serving (excluding unknown items): 381 Calories; 5g Fat (11.8% calories from fat); 20g Protein; 66g Carbohydrate; 15g Dietary Fiber; 10mg Cholesterol; 132mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.