



a better world begins on your plate

plant-based
eating ANIMAL PROTECTION
OF NEW MEXICO

Avocado Bean Salad



For a perfectly light yet filling summer salad, try this easy-to-assemble dish. The tomatoes, peppers, and avocado combine perfectly with the black beans and lime vinaigrette. With fresh bread, this is a satisfying summer meal. Recipe from APNM Board President, Anne Coller. Serves four.

- 1 pint grape tomatoes, halved
- 1 yellow bell pepper, seeded and diced
- 1 (15 oz.) can black beans, rinsed and drained
- ½ cup small diced red onion
- 1 jalapeno pepper, seeded and diced
- ¼ cup freshly-squeezed lime juice (2 limes)
- ¼ cup extra virgin olive oil
- 1 teaspoon Sea salt
- ¼ teaspoon ground cumin
- ½ teaspoon black pepper
- ½ teaspoon minced garlic
- ¼ teaspoon ground cayenne pepper
- 2 ripe Hass avocados
- ¼ cup fresh cilantro, chopped

Place the tomatoes, yellow pepper, black beans, red onion, and jalapeno pepper in a large bowl. Whisk together the lime juice, olive oil, salt, black pepper, garlic, and cayenne pepper and pour over the vegetables. Toss well. Cut avocados in half. Remove the pit by tapping a knife into it and gently twisting the pit out. Use a paring knife to criss-cross cut the avocado into ½-inch cubes and scoop out of the skin just before mixing into the salad. When you are ready to serve the salad, fold in the avocados and cilantro. Serve at room temperature.