

## BLACK BEAN MANGO QUINOA SALAD

(Adapted by Melissa Sherlock from Penzey Spices)

### Ingredients:

- 1 mango, peeled and diced small (or half bag frozen mango cut in small chunks)
- 1 red bell pepper, seeded and diced small
- 1 c thinly sliced scallions
- 1 c chopped cilantro (or sub parsley or basil)
- 2 c cooked quinoa, cooled (about  $\frac{3}{4}$  c dry before cooked)
- 1 15-oz can black beans, rinsed and drained
- 1-2 finely diced jalapeno pepper(s), or diced canned or jarred jalapenos to taste
- 4 tbs balsamic vinegar, flavored balsamic, white wine or balsamic glaze or a mix
- $\frac{1}{4}$  tsp Himalayan or sea salt
- $\frac{1}{2}$  tsp freshly ground pepper or to taste (we use more)
- 1 Tbs salt-free Italian blended spice, like a Tuscan blend
- Optional: diced avocado, only added when served to avoid browning

Mix everything together and serve as a side dish. Or serve over a big bed of greens to serve as an entree. Or add to pasta sauce and use it to stuff bell peppers or Portobello mushrooms. Or roll into a spring roll and serve with sweet chili sauce. I like to use a mixture of vinegars (balsamic, red wine, apple cider), and some balsamic glaze, which is a thick balsamic reduction sauce which gives a sweeter flavor. If your vinegar is too tart, just add balsamic glaze. You can also use bottled fat free balsamic dressing.

This salad is very low fat with no oil, cholesterol or saturated fat, but lots of fiber and protein. Enjoy! For questions, email: [sherlocktruhealth@outlook.com](mailto:sherlocktruhealth@outlook.com)

