

### **Tropical Black Bean Salad**

1 ripe mango  
4 slices of fresh pineapple  
1 crisp apple, peeled  
½ red pepper  
1 jalapeno  
¼ red onion  
¼ cup chopped cilantro  
1 14 oz. can of black beans  
1 whole lime  
salt and pepper

Prepare all the fruits and vegetables for dicing—peel, pit, slice. Dice the fruits and vegetables and place them in a medium bowl.

Drain and rinse the beans and add to the bowl. Add the chopped cilantro, juice from the lime, salt and pepper.

Toss. Enjoy.