

Black Bean and Rice with Mango

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 25 minutes

Serves: 6

CChints: Beans are low in calories and a good source of protein, fiber, folate, iron and antioxidants. When you combine them with whole grain rice and fruit, you have a winning combo. Mangos are usually in season mid-June.

1 cup cooked whole grain or brown rice
2 tablespoons salsa (mild to hot, your choice)
2 tablespoons fresh lime juice, approx. 1 lime
2 tablespoons extra virgin olive oil
3/4 teaspoons salt and a dash of pepper
15 ounce can of black beans, rinsed and drained
1 chopped mango or 2 seeded peaches, chopped
optional: 2 tablespoons cilantro

Rinse the beans and let them drain while you fix the rice.

Cook the rice according to package directions. This could take 5 to 25 minutes depending on the type of rice you are using. Drain and set aside.

Combine the salsa through pepper in a large bowl. Gently stir in the rice and beans. Cut up the fruit and add them to the bowl. Toss and you are ready to serve warm as soon as you add the cilantro. Serve as a side dish with chicken, meat or seafood.



Shown as a side dish with fish