



Tropical Pico de Gallo



1/8th of recipe (about 1/4 cup): 25 calories, 0g total fat (0g sat. fat), 108mg sodium, 5.5g carbs, 1g fiber, 2g sugars, 1g protein

Prep: 15 minutes



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Ingredients

1/2 cup chopped mango
1/2 cup canned black beans, drained and rinsed
1/3 cup seeded and chopped tomatoes
1/4 cup finely chopped red onion
1/4 cup finely chopped red bell pepper
1 tbsp. seeded and chopped jalapeño pepper
1 tbsp. chopped cilantro
2 tsp. lime juice
1/4 tsp. salt
1/8 tsp. black pepper
1/8 tsp. ground cumin

Directions

In a medium-large sealable container, combine all ingredients.

Mix until uniform.

Seal, and refrigerate until ready to use.

MAKES 8 SERVINGS

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