



AVOCADO BLACK BEAN SALAD

Michelle Briceno, Registered Dietitian at Terrebonne General Weight Management, shares an easy meal-prep idea to help you stay on track this New Year.

INGREDIENTS

- 2 (15 oz) canned corn, drained
- 2 (15 oz) cans black beans, drained and rinsed
- 2 red bell peppers, diced
- 2 cloves garlic, minced
- 2 tablespoons minced shallots
- 2 teaspoons salt
- 1/4 teaspoon cayenne pepper
- 2 tablespoons sugar or sugar substitute
- 1/4 cup extra virgin olive oil
- 1 teaspoon lime zest
- 1/4 cup + 2 tablespoons lime juice (about 3 limes)
- 1/4 cup chopped fresh cilantro
- 2 avocados, chopped

DIRECTIONS

1. Combine all ingredients except for avocados in a large bowl and mix well. Cover and chill for a few hours.
2. Add avocados right before serving. Gently mix.

Nutrition Facts

Per serving provides 316 calories, 14 g total fat, 40 g carbohydrates, 9 g dietary fiber, and 8 g protein.

Note: Cut back on sodium by using No Salt Added cans or opt for frozen options in place of canned. The longer the salad marinades, the better the flavor. Add a lean meat on the side for an easy meal prep.

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