

Black Bean Salsa

Ingredients

- 2 cans black beans, rinsed and drained
- 1 large can of mandarin oranges, drained, reserve liquid in separate bowl
- 1 large avocado, peeled and chopped
- 1 red bell pepper, roasted, peeled and chopped
- ½ Tb lime juice

Citrus Dressing

- 2 Tb canola oil
- 1Tb balsamic vinegar
- 2 Tb reserved mandarin orange juice

1. In a medium bowl pour beans, mandarin oranges, avocado, roasted peppers, and chopped cilantro.
2. In a separate bowl add the oil, balsamic vinegar, and reserved mandarin juice. Mix well.
3. Add dressing to the bean mixture and mix well. Sprinkle the lime juice overall.

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

Black Bean Salsa

Ingredients

- 2 cans black beans, rinsed and drained
- 1 large can of mandarin oranges, drained, reserve liquid in separate bowl
- 1 large avocado, peeled and chopped
- 1 red bell pepper, roasted, peeled and chopped
- ½ Tb lime juice

Citrus Dressing

- 2 Tb canola oil
- 1Tb balsamic vinegar
- 2 Tb reserved mandarin orange juice

1. In a medium bowl pour beans, mandarin oranges, avocado, roasted peppers, and chopped cilantro.
2. In a separate bowl add the oil, balsamic vinegar, and reserved mandarin juice. Mix well.
3. Add dressing to the bean mixture and mix well. Sprinkle the lime juice overall.

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

Black Bean Salsa

Ingredients

- 2 cans black beans, rinsed and drained
- 1 large can of mandarin oranges, drained, reserve liquid in separate bowl
- 1 large avocado, peeled and chopped
- 1 red bell pepper, roasted, peeled and chopped
- ½ Tb lime juice

Citrus Dressing

- 2 Tb canola oil
- 1Tb balsamic vinegar
- 2 Tb reserved mandarin orange juice

1. In a medium bowl pour beans, mandarin oranges, avocado, roasted peppers, and chopped cilantro.
2. In a separate bowl add the oil, balsamic vinegar, and reserved mandarin juice. Mix well.
3. Add dressing to the bean mixture and mix well. Sprinkle the lime juice overall.

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

Black Bean Salsa

Ingredients

- 2 cans black beans, rinsed and drained
- 1 large can of mandarin oranges, drained, reserve liquid in separate bowl
- 1 large avocado, peeled and chopped
- 1 red bell pepper, roasted, peeled and chopped
- ½ Tb lime juice

Citrus Dressing

- 2 Tb canola oil
- 1Tb balsamic vinegar
- 2 Tb reserved mandarin orange juice

1. In a medium bowl pour beans, mandarin oranges, avocado, roasted peppers, and chopped cilantro.
2. In a separate bowl add the oil, balsamic vinegar, and reserved mandarin juice. Mix well.
3. Add dressing to the bean mixture and mix well. Sprinkle the lime juice overall.

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

