

AVOCADO BLACK BEAN SALAD

INGREDIENTS

2 avocados – peeled, pitted and diced
1 large ripe tomato, chopped
1/2 cup sweet onion, chopped
1/2 cup black beans, drained and rinsed
1/4 cup chopped fresh cilantro
2 tablespoons olive oil
1 lime, juiced
1 clove garlic, minced
Salt and pepper to taste

INSTRUCTIONS

Step 1: In a small bowl, whisk the olive oil, lime juice, garlic and salt & pepper to taste.

Step 2: In a medium bowl, combine avocados, tomatoes, onion, black beans cilantro and dressing. Gently toss until everything is coated. Serve immediately or cover with plastic wrap for up to 12 hours.

THE COOKERY

by The Secret Jozi Chef

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