

# AVOCADO BLACK BEAN SALAD

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## 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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