

## Recipe for Black Bean Mango Salsa Burritos:

### **Ingredients:**

- 1 15oz can black beans, rinsed and drained
- ¼ red onion diced
- ½ cup fresh raw mango, diced
- ¼ cup cilantro, finely chopped or ripped
- 1 avocado diced
- ½ lime juiced (or 1-2 TBSP lime juice)]
- 1/2 tsp salt
- optional: 1 TBSP olive oil
- Whole wheat tortillas
- ½ cup shredded cheese of choice

### **Directions:**

- Drain and rinse black beans and pour into a bowl.
- Dice red onion and mango. If the mango still has the peel, carefully peel it before cutting it into small pieces. Add all to bowl.
- Chop/rip cilantro into small pieces and add to the bowl.
- Cut up 1 avocado and add to the bowl.
- Juice 1/2 a lime and add to the bowl.
- Add ½ tsp salt and optional 1 TBSP olive oil.
- Mix all the ingredients together until fully mixed.
- Spread ½ cup salsa and ¼ cup shredded cheese onto a tortilla.
- Roll it up. Eat cold or microwave for 20 seconds to melt the cheese! Enjoy!