

Caribbean Bean Salad

Makes: 4 servings

Olive oil, red wine vinegar, oregano, and black pepper dressing coat beans, tomatoes, and oranges on a bed of lettuce.

Ingredients

4 cups romaine lettuce (chopped)

1/4 cup red onion

1 cup black beans (canned, drained and rinsed)

1 orange (peeled and diced)

1 tomato (diced)

1 tablespoon olive oil

3 tablespoons red wine vinegar

1 teaspoon oregano (dried)

black pepper (to taste)

Directions

1. Toss all ingredients together in large salad bowl.
2. Serve immediately or refrigerate up to one hour.

Source: Food and Health Communications, Inc., Cooking Demo II

Nutrition Information

Nutrients	Amount
Calories	113
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	102 mg
Total Carbohydrate	16 g
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	0 g
Protein	4 g
Vitamin D	0 IU
Calcium	59 mg
Iron	1 mg
Potassium	417 mg
N/A - data is not available	

MyPlate Food Groups

 Fruits	1/4 cup
 Vegetables	3/4 cup