

Black Bean Apple Salad

1 medium apples, peeled and cubed
2 cans black beans, rinsed and drained
¼ cup finely chopped sweet yellow pepper
¼ cup finely chopped red onion
2 tablespoons minced fresh cilantro
1 tablespoon finely chopped pickled jalapeno pepper
2 tablespoons orange juice
1 tablespoon lime juice
¼ teaspoon ground cumin
Pepper to taste

Directions:

In a small bowl, combine first 6 ingredients. Mix together the orange juice, lime juice, and cumin. Pepper to taste. Combine and mix with other ingredients. Refrigerate until serving.
Serves 8

Nutrient Analysis, per serving: 113 calories, 21g. carbohydrate, 6g. protein, 1g. fat, 347mg. sodium