



Tropical Bean Salad

This tangy salad is delicious as a side dish or as a topping for tacos, chicken, or fish. Mangoes are a tropical stone fruit. In the United States, Florida is the largest producer of mangoes.

Makes: 6 servings

Prep time: 10 minutes

the INGREDIENTS

3½ cups black beans, low-sodium, canned, drained, and rinsed; or black beans, dry, cooked

1½ cups mango, canned, drained, diced

¾ cup tomato, fresh, ¼" diced

1 tablespoon canola oil

2 tablespoons apple cider vinegar

½ teaspoon oregano, dried

¼ teaspoon black pepper, ground

3 cups lettuce, romaine, fresh, chopped

the DIRECTIONS

1. In a medium bowl, mix together black beans, mango, and tomato to make a salad.
2. Prepare dressing: In a small bowl, whisk together canola oil, apple cider vinegar, oregano, and pepper.
3. Toss black bean salad with dressing.
4. Cover and refrigerate. Chill for at least 2 hours to allow the flavors to fuse.
5. Serve 1 cup black bean salad over ½ cup lettuce.

Critical Control Point: Hold at 40 °F or lower.

the NUTRITION INFORMATION

For 1 cup black bean salad over ½ cup lettuce.

Nutrients	Amount
Calories	162
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	153 mg
Total Carbohydrate	28 g
Dietary Fiber	9 g
Total Sugars	9 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	56 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

the CACFP CREDITING INFORMATION

1 cup bean salad over ½ cup lettuce provides legume as meat alternate: 1½ oz equivalent meat alternate, ⅔ cup vegetable, and ¼ cup fruit; or legume as vegetable: ⅔ cup vegetable and ¼ cup fruit.

the CHEF TIPS

For Soaking Dry Beans

1 lb dry black beans = about 2¼ cups dry or 4½ cups cooked beans.

Overnight Method: Add 1¾ qt cold water to every 1 lb of dry beans. Cover, and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans, and boil for 2 minutes. Remove from heat, and allow to soak for 1 hour. Discard the water. Proceed with recipe.

For Cooking Dry Beans

Once the beans have been soaked, add 1¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

Critical Control Point

To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.