# Mexican Pinto Bean Salad Hosted by: Christine McNamara, SHS Registered Dietitian

Adapted from: <a href="https://www.realsimple.com/food-recipes/browse-all-recipes/mexican-pinto-bean-salad">https://www.realsimple.com/food-recipes/browse-all-recipes/mexican-pinto-bean-salad</a>

Author: Lindsay Hunt

Prep: 3 mins | Cook: 2 mins | Total: 5 mins

Yield: 8 servings

### Ingredients:

- 2 (15.5 oz.) cans pinto beans, rinsed
- I bell pepper, chopped
- 4 scallions, chopped
- I cup fresh salsa (or pico de gallo)
- 4 oz. (about 1 cup) Cotija or ricotta salata, crumbled
- 1/4 cup olive oil
- 2 tablespoons fresh lime juice
- I teaspoon salt
- ½ teaspoon black pepper

#### EAT IT WITH...

- Tortilla chips
- Or have it on its own!



## Instructions

- I. Chop the bell pepper and scallions.
- 2. Combine the beans, bell pepper, scallions, salsa, Cotija, oil, lime juice, salt, and black pepper in a medium bowl.
- 3. Serve chilled or at room temperature with tortilla chips.

#### Notes

**Vegan? Let's do this!** To veganize this veg-tastic dish, simply omit the cheese and skip any dairy-based toppings entirely! Plant-based shredded cheese makes a lovely addition as does vegan sour cream as a topping if you'd like!