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

Adapted from: https://www.realsimple.com/food-recipes/browse-all-recipes/mexican-pinto-bean-salad

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Prep: 3 mins | Cook: 2 mins | Total: 5 mins
Yield: 8 servings

Ingredients:
• 2 (15.5 oz.) cans pinto beans, rinsed
• 1 bell pepper, chopped
• 4 scallions, chopped
• 1 cup fresh salsa (or pico de gallo)
• 4 oz. (about 1 cup) Cotija or ricotta salata, crumbled
• ¼ cup olive oil
• 2 tablespoons fresh lime juice
• 1 teaspoon salt
• ½ teaspoon black pepper

EAT IT WITH...
• Tortilla chips
• Or have it on its own!

Instructions
1. 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!