

Black Bean, Avocado, Cucumber and Tomato Salad

From skinnytaste.com
Makes 10 servings.

INGREDIENTS

- 1 seedless cucumber, peeled and diced
- 2 medium ripe tomatoes, diced
- 2 hass avocados, diced
- 15.5 oz can black beans, rinsed and drained
- 2 tbsp red onion, minced
- 2 tbsp cilantro, minced
- 2 limes, juice of
- salt and fresh pepper
- 1 bag of tortilla chips

MATERIALS NEEDED

- Cutting board
- Knife
- Can opener
- Cooking spoon
- Measuring spoons
- Big bowl

COOKING INSTRUCTIONS

- **Combine** all the ingredients and season with salt and pepper to taste. **Keep refrigerated** until ready to serve.

Servings: 10 • **Serving Size:** 1/2 cup • **Calories:** 126.9 • **Fat:** 5.7 g • **Protein:** 5.0 g • **Carb:** 16.0 g • **Fiber:** 6.7 g