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