

Mango Avocado Salad

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10 minute prep

8 servings

DRESSING:

3 tablespoons fresh lime juice (1-2 limes)

1 tablespoon avocado oil (or olive)

¼ teaspoon ground cumin

¼ teaspoon ground coriander

¾ teaspoon [unrefined salt](#)

¼ teaspoon black pepper

SALAD:

¼ cup red onion, diced fine

¼ cup red bell pepper, diced

½ cup black beans, drained and rinsed

¼ cup cilantro, stems removed and chopped fine

2 cups fresh or frozen mango, diced (cuts easily when frozen)

3 avocados and 2 tablespoons lime juice (see directions below)

DIRECTIONS:

Whisk together dressing ingredients and set aside.

In a large bowl, toss together all salad ingredients (EXCEPT mango and avocado) with the dressing.

Prepare a medium-sized bowl with 2 tablespoons lime juice. Chop the avocados into ½ inch chunks, immediately tossing them with the lime juice to prevent any browning.

Fold the mango and avocado gently into the salad. (I love that the frozen mango keeps the salad cold while preparing other dishes or traveling to a potluck.) Serve alongside grilled chicken or pork or use as a salsa. Enjoy!