



Anna Jones, MS, RD, LD

Guacamole Salad

This salad is delicious as a side when grilling out. It is packed full of mouthwatering flavors and good nutrition!

1 pint grape tomatoes, halved
1 yellow bell pepper, seeded and ½-inch diced
1 (15 oz.) can black beans, rinsed and drained
½ cup small diced red onion
2 Tbsp minced jalapeno peppers, seeded (2 peppers)
½ tsp freshly grated lime zest
¼ cup freshly squeezed lime juice (2 limes)
¼ cup olive oil
1 tsp kosher salt
½ tsp freshly ground black pepper
½ tsp minced garlic
¼ tsp ground cayenne pepper
2 ripe Hass avocados, seeded, peeled, and ½ inch diced

Directions:

Place tomatoes, yellow pepper, black beans, red onion, jalapeno peppers, and lime zest in a large bowl. Whisk together the lime juice, olive oil, salt, black pepper, garlic, and cayenne pepper and pour over the vegetables. Toss well.

Just before serving, fold the avocados into the salad. Check the seasoning and serve at room temperature.

Servings: 6

Nutritional Information:

Calories: 279 Fat: 19 g Sat Fat: 3 g Protein: 6 g
Carbohydrate: 25 g Fiber: 9 g

Recipe from Barefoot Contessa at Home