



# Black Bean & Avocado Salad

A simple, nutrient-dense salad highlighting clean flavors and contrasting textures

## INGREDIENTS

- 2 cups cooked black beans, drained and rinsed
- 1 ripe avocado, diced
- Juice of ½ lime
- 1 tbsp extra-virgin olive oil
- Sea Salt



## DIRECTIONS

1. Combine black beans, lime juice, olive oil, and a pinch of sea salt in a bowl.
2. Gently fold in avocado just before serving to preserve texture.
3. Taste and adjust seasoning as needed.

## FLAVOR PROFILE

A fresh, plant-forward salad of black beans and avocado dressed with lime and olive oil, offering balanced protein, healthy fats, and clean, satisfying flavor.

## CHEF TIP

Add avocado last and serve immediately for best texture and color.