

Black Bean Orange Salad

Ingredients:

15 ounces black beans, canned,
 drained and rinsed
 1/4 red onion
 1 tomato, diced
 1 orange, peeled and diced
 8 romaine lettuce leaves, chopped
 1 tablespoon olive oil
 3 tablespoons red wine vinegar
 1 teaspoon dried oregano
 Black pepper to taste

Equipment:

Can opener
 Cutting board
 Knife
 Large bowl
 Measuring spoons
 Colander

Number of Servings: 4
 Prep Time: 30 minutes
 Total Time: 30 minutes

Directions

1. Rinse beans in a colander under running water to remove sodium. Allow to drain.
2. Cut the ends off of the onion, and peel off the papery layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice in thin strips keeping onion together. Turn and slice again to make dice. Chop up any large pieces. Add to a large salad bowl.
3. Cut tomato in half. Remove core. Slice into 1/2 inch slices keeping tomato together. Turn and slice again. Add to salad bowl.
4. Peel orange. Separate pieces and cut into 1/2 inch pieces. Place in bowl, making sure to remove any membranes. Add orange meat to salad bowl.
5. Tear lettuce leaves into bite size pieces and add to salad bowl.
6. Add remaining ingredients and gently toss all ingredients together.
7. Serve immediately or refrigerate up to one hour.

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Nutrition Facts	
Serving Size: 3/4 cup	
Servings: 4	
Amount Per Serving	
Calories 151	Calories from Fat 36
%Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 332mg	14%
Total Carbohydrate 21g	7%
Dietary Fiber 8g	32%
Protein 7g	14%
Vitamin A 16%	Vitamin C 48%
Iron 6%	Calcium 3%
*Percent Daily Values are based on a 2,000 calorie diet.	

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