

## Black Bean and Mango Salad\*

### Ingredients

1 ripe mango, pitted, diced, divided  
6 tbsp. extra virgin olive oil  
2 tbsp. white vinegar  
2 tbsp. chopped fresh parsley  
1 tbsp. fresh lemon juice  
2 garlic cloves chopped  
1 tsp. dried basil, crumbled  
1/4 tsp. dried crushed red pepper flakes  
pinch dried oregano  
2 15 oz. cans black beans, drained and rinsed  
1 15 oz. can chickpeas, drained and rinsed  
1/2 cup chopped red onion  
1 red bell pepper, chopped  
sea salt and pepper to taste

1. Measure 1/3 cup of mango and place in blender; add olive oil, vinegar, parsley, lemon juice, garlic cloves, and oregano. Blend until smooth, about 1 minute.
2. In a large bowl, mix the rest of the ingredients. Pour the mango dressing over the mixture and gently toss. Add salt and pepper to taste.
3. Chill for about 1 hour before serving.

Makes 4 servings.

\*recipe from The Daniel Fast