

Corn, Black Bean and Mango Fandango

Colorful corn and black bean salad with mango and avocado

This fresh-tasting, high-fiber salad will make your taste buds dance with joy!



- 1 can (19 oz/540 mL) no-salt-added black beans, drained and rinsed
- 1 can (14 oz/398 mL) whole-kernel corn, drained
- 1 large mango, peeled and diced
- 1 cup quartered grape tomatoes
- 1 cup diced red bell pepper
- ½ cup chopped green onions
- 2 tbsp minced fresh cilantro
- 2 tbsp freshly squeezed lime juice
- 1 tbsp olive oil
- ¼ tsp each salt and freshly ground black pepper
- ⅛ tsp each ground cumin and chili powder (see tip)
- 1 cup diced avocado (see tip)

MAKES 4 SERVINGS

PER SERVING
236 calories,
10 g total fat
(1.4 g saturated fat),
7 g protein,
37 g carbohydrate,
10.4 g fiber,
0 mg cholesterol,
385 mg sodium

- Combine all ingredients in a large bowl and mix well. Serve immediately or chill before serving. (We prefer this salad at room temperature.) As with most dishes containing avocado, this dish tastes best when eaten the day it's made.

Recipe Tips: For added kick, try chipotle chili powder—it's sold beside the regular chili powder in the spice aisle. Avocado turns brown quickly, so peel, slice and add it to the salad just before serving.



Nutrition Nugget

You've probably heard that an avocado's monounsaturated fat and 13 grams of fiber help to lower levels of LDL (bad) cholesterol and raise the HDL (good) kind. But, bet you didn't know that avocados also contain boron, a mineral that may help your body absorb calcium. *Bonus!*

Que Se Raw, Se Raw

Let's hear it for the joy of not cooking! Raw! Raw! Raw! Throwing some raw food into your daily menu is crucial to good health. And we're not talking about sushi, egg yolk shakes or steak tartar, either. Raw, uncooked foods like fruits, vegetables, nuts, seeds and sprouts are "live" foods. They're full of living enzymes that act like spark plugs for our cells, providing boundless energy and vitality. In fact, our organs and glands depend on enzymatic activity and can't function properly without it. Problem is, when food is heated above 118°F, enzymes start to break down, just like our bodies would if we had a fever that high. Fortunately, your body can manufacture missing enzymes but, over time, digesting cooked foods overworks the glands, wears out the body and sets the stage for chronic disease. That's why people who live on a diet of cooked protein and starches (the ol' meat and potatoes diet) and very little enzyme-rich fruits and vegetables, are often tired and have little pep in their step. Plus, if we don't get sufficient enzymes, we age faster! That's because our body's own enzyme production slows down as we get older. Now, don't get us wrong—we're not bad-mouthing cooking! How stupid would that be? Why, we'd be out of jobs! Everyone knows that cooking improves the flavor of food, plus it also enhances the digestibility of many foods and, in some cases, makes them safer to eat. But for optimum health and longevity, go ahead and get eatin' alive!