



## Tropical Pico de Gallo



1/8th of recipe (about 1/4 cup): 25 calories, 0g total fat (0g sat. fat), 108mg sodium, 5.5g carbs, 1g fiber, 2g sugars, 1g protein

**Prep:** 15 minutes



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### Ingredients

1/2 cup chopped mango  
1/2 cup canned black beans, drained and rinsed  
1/3 cup seeded and chopped tomatoes  
1/4 cup finely chopped red onion  
1/4 cup finely chopped red bell pepper  
1 tbsp. seeded and chopped jalapeño pepper  
1 tbsp. chopped cilantro  
2 tsp. lime juice  
1/4 tsp. salt  
1/8 tsp. black pepper  
1/8 tsp. ground cumin

### Directions

In a medium-large sealable container, combine all ingredients.

Mix until uniform.

Seal, and refrigerate until ready to use.

**MAKES 8 SERVINGS**

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