

Black Bean Salad

1 red pepper, diced

1 green pepper, diced

1 yellow pepper, diced

½ cup red onion, diced

1 teaspoon cilantro

1 clove garlic, minced

¼ cup olive oil

4 Tb. red wine vinegar

1 t lime juice 1 (15 ounce) can low sodium black beans, rinsed and drained

Black pepper to taste

Directions: In a small bowl, combine pepper, onion, garlic and cilantro. Add olive oil, vinegar, lime juice and pepper to taste. Add black beans and toss well. Serve on a bed of spinach.