

Avocado-Lime Black Beans



Ingredients:

- 1 – 15 ounce can black beans
- 1/2 lime, juiced
- 1/2 cup fresh cilantro, chopped
- 1 teaspoon ground cumin
- Salt & pepper, to taste
- 1 avocado

Directions:

1. Rinse and drain the beans thoroughly.
2. Add the lime juice and ground cumin.
3. Season to taste with salt and pepper.
4. Warm on the stove or in the microwave.
5. Peel and slice the avocado.
6. Serve beans topped with avocado and cilantro.

Makes 2 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>