

## Black Bean Orange Salad

### Ingredients:

15 ounces black beans, canned,  
 drained and rinsed  
 1/4 red onion  
 1 tomato, diced  
 1 orange, peeled and diced  
 8 romaine lettuce leaves, chopped  
 1 tablespoon olive oil  
 3 tablespoons red wine vinegar  
 1 teaspoon dried oregano  
 Black pepper to taste

### Equipment:

Can opener  
 Cutting board  
 Knife  
 Large bowl  
 Measuring spoons  
 Colander

Number of Servings: 4  
 Prep Time: 30 minutes  
 Total Time: 30 minutes

### Directions

1. Rinse beans in a colander under running water to remove sodium. Allow to drain.
2. Cut the ends off of the onion, and peel off the papery layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice in thin strips keeping onion together. Turn and slice again to make dice. Chop up any large pieces. Add to a large salad bowl.
3. Cut tomato in half. Remove core. Slice into 1/2 inch slices keeping tomato together. Turn and slice again. Add to salad bowl.
4. Peel orange. Separate pieces and cut into 1/2 inch pieces. Place in bowl, making sure to remove any membranes. Add orange meat to salad bowl.
5. Tear lettuce leaves into bite size pieces and add to salad bowl.
6. Add remaining ingredients and gently toss all ingredients together.
7. Serve immediately or refrigerate up to one hour.

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Nutrition Facts	
Serving Size: 3/4 cup	
Servings: 4	
Amount Per Serving	
Calories 151	Calories from Fat 36
%Daily Value*	
<b>Total Fat</b> 4g	6%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 332mg	14%
<b>Total Carbohydrate</b> 21g	7%
Dietary Fiber 8g	32%
<b>Protein</b> 7g	14%
Vitamin A 16%	Vitamin C 48%
Iron 6%	Calcium 3%
*Percent Daily Values are based on a 2,000 calorie diet.	

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