



chiropractic laser physical rehab naturopathy massage therapy acupuncture reiki reflexology bowen

## **Black Bean Salad (serves 6-8)**

FLT (per serving): 1 legume, ½ oil, unlimited category 1 vegetables

148 calories, 24 g carbohydrates, 7 g protein, 3 g fat

2 cans organic black beans, drained

1 pint of cherry tomatoes

1 red pepper, diced

½ cup red onion, diced

1 tbsp. olive oil

1 tbsp. balsamic vinegar

1-2 tsp. ground cumin seeds

Mix ingredients together in a bowl and chill for several hours.