

**Simple Black Bean and Pinto Salad**

**Ingredients**

* 1 cup cooked black beans and 1 cup cooked pinto beans

(if using canned, look for low sodium option, drain and rinse)

* 1 cup diced red bell pepper
* ½ cup minced green onion
* ¼ tsp cayenne pepper
* 2 tbsp red wine vinegar
* 1 tbsp lemon juice
* 2 tbsp minced cilantro

**Instructions**

Combine all ingredients and refrigerate for one hour prior to serving. Refrigerate leftovers.



**www.drserna.com**

**info@northcypresswellness.com**

**(281)807-5300**

**Source: Patient Submission**