

Healthy Southwest Avocado Bean Salad- by [TheFitchen](#)

This recipe is from [The Fitchen](#), a great place for healthy, simple recipes that help you stay fit in the kitchen. There you'll find mostly plant-based and gluten-free recipes.

This recipe is a perfect side dish for bringing to gatherings. It is easy to make, with minimal clean-up, and full of mouthwatering southwest flavors. Much safer and easier than potato or egg salad!

Prep Time: 10 mins **Yield:** 4 servings

Ingredients:

1 – 15 oz. can of black beans (use BPA/BPS free cans, or better, soak them in advance and make from scratch)

1 – 15 oz. can of pinto beans (use BPA/BPS free cans, or better, soak them in advance and make from scratch)

2 tomatoes, on the vine or roma

2 ripe avocados

1/3 cup frozen or fresh corn

1 tablespoon lemon juice

1/2 cup red onion

1 teaspoon sea salt

1/2 teaspoon black pepper

1/4 teaspoon chili powder

1/4 teaspoon paprika

1/4 teaspoon garlic powder

1/4 teaspoon onion powder

1/4 teaspoon cayenne pepper

1/8 teaspoon oregano

a pinch of allspice

garnish with cilantro

(avocado bean salad cont.)

Directions:

Drain beans and pour into a large bowl, preferably one that's portable and has a lid!

Add sea salt and mix with beans.

Dice the onion and add to the bowl.

Chop tomatoes into ½-inch pieces and toss into the bowl.

Dice the avocados into ½-inch pieces and toss into the bowl.

Add 1 tablespoon of lemon juice to the bowl.

Add seasonings and mix everything together until well combined. Garnish with cilantro.

Enjoy!

P.S. If you want to learn how to grow your own avocado tree or other great information on plants and gardening please check out **The Gardener's Path**, [here](#).