



A Recipe from



DR. SINATRA'S

BLACK BEAN SALAD

Apart from their smooth nutty flavor, avocados are rich in [monounsaturated fat](#), which is easily burned for energy. They are an excellent source of fiber, folate, vitamins E, C, B6 and B5, and potassium, all of which have cardioprotective benefits. Black beans are high in plant protein and fiber plus an impressive array of essential antioxidant vitamins and minerals that reduce [inflammation](#) and benefit the whole body. This combination together with the herbs and spices in this salad is a dieter's dream dish.

Choose organic produce whenever possible

- 2 cups dried black beans
- ½ cup sweet corn
- 1 ½ tablespoons chopped fresh [cilantro](#)
- 1 ½ tablespoons chopped fresh parsley
- 1 tablespoon fresh lime juice
- ¼ teaspoon [salt](#), Celtic or sea
- ¼ teaspoon black pepper
- ½ cup diced avocado
- ½ cup chopped [tomatoes](#)
- 2 tablespoons chopped scallions
- 1 teaspoon chopped green chile pepper, seeded
- 4 cups [salad greens](#)

Soak the beans overnight. Drain, rinse, and place into a medium-size pot. Cover with water, bring to a boil, and reduce to a simmer. Cook for up to 2 hours, until the beans have softened. Drain. Wisk together the cilantro, parsley, lime juice, salt and pepper in a large bowl. Add the beans, tomatoes, avocado, scallions, and pepper, and toss well. Cover and chill for 2 hours. Combine with the salad greens shortly before serving. Serves 4.

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