



# Avocado Salsa

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## INGREDIENTS

- 1/2 can no-salt-added black beans (rinsed, drained)
- 1 medium cucumber chopped)
- 1 small green bell pepper (finely chopped)
- 1 medium rib of celery (finely chopped)
- 1/2 tablespoon, dry cilantro
- 2 tablespoon fresh lime juice
- 2 medium avocados (diced)
- 1/8 teaspoon crushed red pepper flakes
- 1/4 tsp salt

## DIRECTIONS

1. In a medium serving bowl, stir together all ingredients except avocados.
2. Using a rubber scraper, gently fold in the avocados.
3. Serve with the tortilla wedges.