

# BLACK BEAN TACOS WITH PINEAPPLE SALSA

Makes 4 servings (8 tacos)



## Ingredients



1 cup pineapple, diced (fresh or canned in juice and drained)



½ cup red onion, diced



¼ cup red bell pepper, diced



¼ cup cilantro, chopped



1 teaspoon lime juice



8 corn tortillas



1 cup canned refried black beans (no or low sodium preferred)



1 avocado, peeled and sliced

1

Combine the pineapple, onion, red bell pepper, cilantro and lime juice until well mixed.

2

Heat the corn tortillas until flexible on a flat top or an ungreased pan.

3

Top with 2 tablespoons of refried black beans, 2 tablespoons of pineapple salsa and 2 slices avocado.



### Nutrition Information (per serving, 2 tacos):

Calories 240, Total Fat 8g, Saturated Fat 1g, Cholesterol 0mg, Sodium 110 mg, Carbohydrate 40mg, Fiber 10g, Added Sugar 0g, Protein 8g



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