

Black Bean Stuffed Avocado

Prep time:

10 minutes

Yields:

4 servings

Ingredients:

2 avocados

1 ½ cups black beans

1 cup pico de gallo (see separate recipe)

salt and pepper to taste

cilantro for garnish

Directions:

Cut avocados in half and remove seed. With a spoon lightly remove about half of the avocado and place in a bowl and mix in a tablespoon of pico de gallo and blend well to make guacamole. Mix black beans with ½ cup of pico de gallo and place on top of avocado that is still in the shell. Top with remaining pico de gallo then with a dollop of guacamole. Garnish with a sprig of fresh cilantro.

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