

# Caribbean Bean Salad

**Makes:** 4 servings

Olive oil, red wine vinegar, oregano, and black pepper dressing coat beans, tomatoes, and oranges on a bed of lettuce.

## Ingredients

- 4 cups** romaine lettuce (chopped)
- 1/4 cup** red onion
- 1 cup** black beans (canned, drained and rinsed)
- 1** orange (peeled and diced)
- 1** tomato (diced)
- 1 tablespoon** olive oil
- 3 tablespoons** red wine vinegar
- 1 teaspoon** oregano (dried)
- black pepper (to taste)

## Directions

1. Toss all ingredients together in large salad bowl.
2. Serve immediately or refrigerate up to one hour.

## Notes

Learn more about:

- [Tomatoes](#)

### Nutrition Information

| Nutrients                   | Amount        |
|-----------------------------|---------------|
| <b>Calories</b>             | <b>113</b>    |
| <b>Total Fat</b>            | <b>4 g</b>    |
| Saturated Fat               | 1 g           |
| Cholesterol                 | 0 mg          |
| <b>Sodium</b>               | <b>102 mg</b> |
| <b>Total Carbohydrate</b>   | <b>16 g</b>   |
| Dietary Fiber               | 5 g           |
| Total Sugars                | 5 g           |
| Added Sugars included       | 0 g           |
| <b>Protein</b>              | <b>4 g</b>    |
| Vitamin D                   | 0 IU          |
| Calcium                     | 59 mg         |
| Iron                        | 1 mg          |
| Potassium                   | 417 mg        |
| N/A - data is not available |               |

### MyPlate Food Groups

|                                                                                                |         |
|------------------------------------------------------------------------------------------------|---------|
|  Fruits     | 1/4 cup |
|  Vegetables | 3/4 cup |

- [Lettuce](#)
- [Citrus Fruits](#)
- [Onions](#)

**Source:** Food and Health Communications, Inc., Cooking Demo II