

Savory “Fruit” Salad

2-3 Avocados cubed
3 tomatoes chopped
1 medium cucumber peeled and chopped
1 can or 2 cups black beans (cooked & rinsed)
1 cup hummus (see hummus)



Mix avocados, tomatoes and cucumber with hummus together well THEN add black beans last stirring them in lightly and gently. Black beans tend to turn the dressing brown and will not look nice, but it still tastes excellent. Alternatively use garbanzo beans (chickpeas) or northern white beans so the dressing remains light colored and the salad presents well for aesthetics.

Other option is to add **olives**; this looks and tastes really nice also.

If you do not like hummus, this salad goes great with the “Good For You Dip/Dressing” or the “Basic Salad Dressing” recipe to your taste!