

## **Black Bean Tacos with Fresh Mango Salsa**

By Kathleen Kastner

### **Taco "Meat":**

1 can rinsed black beans whole or mashed  
1 teaspoon cumin  
1 teaspoon chilli powder  
1 teaspoon onion powder  
1/2 teaspoon sea salt

### **Mango Salsa:**

1 chopped ripe mango  
1/2 chopped red pepper  
1/4 cup chopped purple onion  
1/4 cup chopped cilantro  
3 Tablespoon lemon juice  
Avocado slices or guacamole  
Taco shells or corn tortillas  
Chopped kale

### **Directions:**

Heat the beans and seasoning together for 5 minutes, while taco shells are heating in the oven.

Fill shells with a small layer of beans.

Top with slices of avocado or guacamole and chopped kale.

ENJOY!