

## **Black Bean and Romaine Salad**

Recipe provided by Chef Mat Shalenko for UofLHealth Promotion cooking workshops

**Difficulty level- easy**      **Price- cheap**

**Prep time:**

10 minutes

**Cooking time:**

0 minutes

**Yields:**

4 people

**Ingredients:**

1 head of romaine, chopped and rinsed well

1 can black beans, drained and rinsed well

4 oz. shredded cheddar cheese

1 ripe avocado, diced

juice from one lime

2 oz. olive oil

salt and pepper to taste

Can also be made without olive oil and cheese.

**Directions:**

Combine all ingredients in a large mixing bowl and toss together. Serve and enjoy!