



Lettuce Boats with Black Bean Salsa

Yield:

About 3 cups of salsa

Ingredients:

Romaine Lettuce (Romaine lettuce works best for the "boats")

Separate lettuce leaves, rinse and pat dry

15 ounce can black beans, rinsed and drained (you can also use garbanzo beans, pinto beans or any favorite bean)

1 tomato

1/4 red onion

1 garlic clove

1 handful of cilantro (or parsley)

Juice of 1 lemon or lime

1/2 tsp salt

1/2 tsp cumin

(Can also use veggies such as red bell pepper and cucumber)

Directions:

Add tomato, onion, garlic, cilantro, lemon and seasonings to a food processor and pulse until finely chopped. (If you don't have a food processor, finely chop by hand). Add to large bowl and mix in black beans. Add a scoop of salsa to a lettuce boat and serve.