

Black Bean Mango Greek Yogurt Dip

- 8 ounces Greek yogurt, strained style
- 1 cup black beans, drained
- 1/2 cup fresh mango, chopped
- 1 small plum tomato, seeded and diced
- 1/4 cup diced red onion
- 1/4 cup chopped fresh cilantro
- 1/2 jalapeño pepper, finely chopped
- 1 tablespoon lime juice
- 3/4 tablespoon sea salt
- 1/2 teaspoon garlic powder
- 1/3 teaspoon ground cumin
- 1/4 teaspoon black pepper
- Garnish: fresh cilantro

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- *Exact Yield: 2 1/2 cups*
 - In a medium size mixing bowl, place well-drained black beans and mash using a potato masher. Add in Greek yogurt and remaining ingredients. Mix until well combined. Cover tightly and refrigerate for at least one hour or up 12. Just before serving, top with chopped cilantro for garnish.