



**Don't be blah.®**

## **CARIBBEAN PORK AND MANGO SALAD**

Slice yesterday's leftover roast and toss with mixed greens, black beans, red onion, mango and fruit-flavored vinaigrette dressing. It's a delicious lunch, or for a dinner, pair it with cornbread muffins.

3/4 pound cooked Peppered Pork Roast, cut into 1/2-inch cubes  
6 cups mixed greens  
1 15-ounce can black beans, rinsed and drained  
1/4 red onion, halved and then thinly sliced  
2 ripe mangos, peeled and cubed (or 1 26-ounce jar of mango slices, drained)  
1/2 cup fruit-flavored vinaigrette dressing

In large bowl, gently toss all ingredients with dressing. Serve on shallow salad bowls or dinner plates.

\* If mangos are hard to find, use 2 8-ounce cans mandarin orange segments, drained

Makes 4 servings.

Calories: 330  
Cholesterol: 65mg  
Protein: 31g

Fat: 7g  
Sodium: 530mg

Saturated Fat: 2g  
Carbohydrates: 37g