

Stuffed Avocado with Sumac-Spiced Black Beans

2 SERVINGS 10 MINUTES



INGREDIENTS

1 Avocado (large, halved)
1 1/2 tbsps Black Beans (cooked, rinsed)
1 tbsp Cherry Tomatoes (sliced into quarters)
1 tbsp Corn (fresh or frozen/thawed)
1/4 tsp Ground Sumac
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Remove the avocado pit. Scoop out additional flesh of the avocado from where the pit was removed, creating space for the black bean mixture to go.
- 02 In a bowl, combine the scooped avocado flesh with the remaining ingredients.
- 03 Stuff the avocado with the black bean mixture. Serve immediately and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	178	Carbs	12g
Fat	15g	Protein	3g