

Black Beans with Red Pepper (Good on days 1, 2, 3, 4, 9, 10)

(Serves 4)

2 cups cooked black beans

1 red bell pepper diced

1 or 2 tablespoons minced red onion

2 tablespoons chopped parsley

2 tablespoons extra-virgin olive oil

Salt and black pepper to taste

1. Combine all of the above.