

BLACK BEAN AND CORN SALAD



INGREDIENTS

- 2 cans (14.5 oz) black beans, rinsed and drained
- 2 cups frozen corn, thawed
- 1 red bell pepper, finely diced
- ½ cup red onion, finely diced
- ½ cup chopped fresh cilantro
- 2 small limes, juiced
- 3 tablespoons olive oil
- ½ teaspoon cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper (optional)

PREPARATION

1. In a medium bowl, combine beans, corn, red pepper, red onion and cilantro.
2. In a small bowl, whisk together remaining ingredients and pour over bean salad. Toss to coat.

Makes: 12 servings
Serving Size: ½ cup

Nutrition Information:

Calories: 110, Total Fat: 4g, Saturated Fat: 0.5g, Trans Fat: 0g, Cholesterol 0mg, Sodium: 50mg, Total Carbohydrates: 16g, Dietary Fiber: 4g, Total Sugars: 2g, Added Sugars: 0g, Protein: 4g, Potassium: 230mg, Phosphorus: 75mg

Choices/Exchanges:

1 Starch, ½ fat