

Black Bean, Pepper & Corn Salad



Ingredients:

- 1 (15 oz.) can Black Beans (Rinsed & Drained)
- 2-3 Ears of Grilled Corn
- 3/4 cup Red Onion, Chopped
- 1/2 Cup Tomato, Diced
- 1/2 Cup Sweet Red Peppers
- 2 Jalapeno's, Seeded & Finely Chopped
- 1/4 cup Fresh Cilantro



Method:

1. In a large bowl, combine salad ingredients
2. Dressing (optional) In a small bowl whisk together dressing ingredients (1/3 cup olive oil, 2 TBSP. fresh lime juice and 1 1/2 tsp. ground cumin)
3. Pour over the bean mixture and toss until all ingredients are coated
4. If desired, add lime zest.

Storage:

Store in plastic bag or airtight container. Refrigerate in vegetable crisper for up to a week.



How To Use:

- Grill & Add on Meals
- Use as dip



Health Benefits:

Vision, Immunity & Heart Health;
Lowers the risk of some cancers.

Nutrition Facts	
Serving Size 2/3 cup Servings Per Container 8	
Amount Per Serving	
Calories 170	
	% Daily Values*
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 5g	
Cholesterol 0mg	0%
Potassium 374mg	11%
Sodium 229mg	10%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 6g	12%
Vitamin A 0.6%	• Vitamin C 63.3%
Calcium 3.5%	• Vitamin K 42.5%
Folate 17%	• Copper 8.4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g