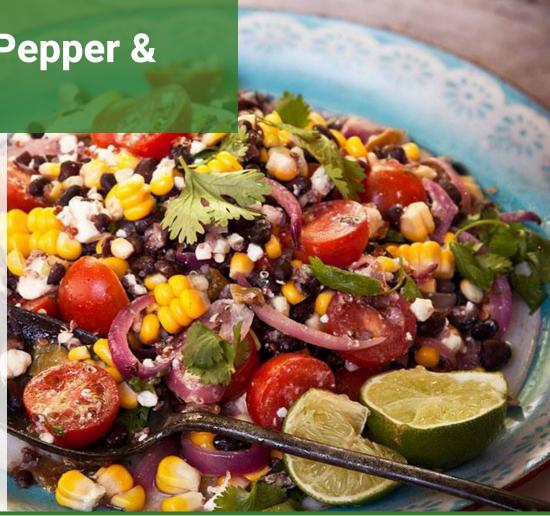
Black Bean, Pepper & Corn Salad

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 Fa	t 1g		5%
Trans Fat 0g			
Polyunsatura	ted Fat 1g		
Monounsatur	ated Fat 5c	1	
Cholesterol 0m	a	,	0%
Potassium 374		11%	
Sodium 229mg		10%	
Total Carbohyd	rate 22a		7%
Dietary Fiber			16%
	чg		10%
Sugars 3g			
Protein 6g			12%
Vitamin A 0.6%	•	Vita	amin C 63.3%
Calcium 3.5%	•	Vitamin K 42.5%	
Folate 17%	•		Copper 8.4%
*Percent Daily Values	are based on	a 2,000 calori	
Values may be highe			
Total Fat	Calories	2,000	2,500
Sat Fat	Less than Less than	65g 20g	80g
Cholesterol	Less than	20g 300mg	25g 300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate	Cess interi	300g	375g
Dietary Fiber		250	30g





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