



Black Bean and Corn Salad

Makes 8 Servings

INGREDIENTS:

- 1/3 cup fresh lime juice
- 1/2 cup olive oil
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/8 teaspoon ground cayenne pepper
- 2 (15 oz) cans black beans, rinsed and drained
- 1 1/2 cups frozen corn kernels
- 1 avocado, peeled, pitted and diced
- 1 red bell pepper, chopped
- 2 tomatoes, chopped
- 6 green onions, thinly sliced
- 1/2 cup chopped fresh cilantro (optional)



INSTRUCTIONS:

Estimated Total Time: 25 minutes

Place lime juice, olive oil, garlic, salt and cayenne pepper in a small jar. Cover with lid and shake until ingredients are well mixed.

In a salad bowl, combine beans, corn, avocado, bell pepper, tomatoes, green onions and cilantro. Shake lime dressing and pour it over the salad. Stir salad to coat vegetables and beans with dressing and serve.

NUTRITIONAL INFO: (1 serving)

Calories: 294
Carbohydrates: 26.4g
Fiber: 8.7 g
Fat: 18.6 g
 Saturated Fat 2.5 g
Cholesterol: 0 mg
Sodium: 624 mg
Protein: 7.8 g
Calcium: 7%
Iron: 31%
Vitamin C 74%

**** To lighten the recipe****

- use less olive oil
- use less dressing (there is always WAY too much left over)

**** Other Ideas****

- Tastes even better the next day! Use for a dip for tortilla chips, rolled up in a tortilla as a burrito, or even on top of lettuce for a tasty salad.

The avocado tends to get mashed when chopped and added. Instead try slicing and using as a garnish.