

[Learn more about nutrition with the free EatFresh.org Mini Course! Start or continue now >](#)

Corn and Black Bean Salad

Ready In: 10 minutes

Serves: 4

Beans are a great low-fat source of protein and are full of important nutrients.

Ingredients

- » 2 tablespoons Extra Virgin Olive Oil
- » Vinegar *to taste*
- » Lime Juice *to taste*
- » 1/2 cup Black Beans *canned, drained and rinsed*
- » 1/2 cup Corn *canned, drained*
- » 1/2 cup Bell Pepper *chopped*
- » 1/2 cup Tomato *chopped*
- » 1/2 cup Red Onion *chopped*
- » 1 teaspoon Cumin *(optional)*
- » 1 teaspoon Chili Pepper *(optional)*
- » 1/2 teaspoon Salt *(optional)*
- » 1/2 teaspoon Pepper *(optional)*

What you'll need

- » Large bowl
- » Measuring cups
- » Spatula or spoon
- » Can opener
- » Measuring spoons
- » Sharp knife
- » Cutting board

Directions

1. Mix together beans and vegetables in a large bowl. Toss with extra-virgin olive oil, vinegar, and lime juice as the dressing.



Photo attribution: Wendy Willard

Nutrition Facts	
Serving Size 0.50 cup	
Serving Per Container 4	
Amount Per Serving	
Calories 122	
	% Daily Value*
Total Fat 7 g	9%
Saturated Fat 1 g	5%
Sodium 186 mg	8%
Total Carbohydrate 13 g	5%
Dietary Fiber 3.5 g	13%
Protein 3 g	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	