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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
- $^{\rm 3}$ $^{\rm 1}$ / $_{\rm 2}$ cup Black Beans canned, drained and rinsed
- » ¹/₂ cup Corn *canned, drained*
- » ¹/₂ cup Bell Pepper *chopped*
- $^{\circ}$ $^{1}/_{2}$ cup Tomato *chopped*
- » ¹/₂ cup Red Onion *chopped*
- » 1 teaspoon Cumin (optional)
- » 1 teaspoon Chili Pepper (optional)
- » ¹/₂ teaspoon Salt *(optional)*
- 3 1 /₂ teaspoon Pepper (optional)

What you'll need

» Large bowl

- » Measuring spoons
- » Measuring cups
- » Sharp knife
- » Spatula or spoon
- » Cutting board

» Can opener

Directions

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

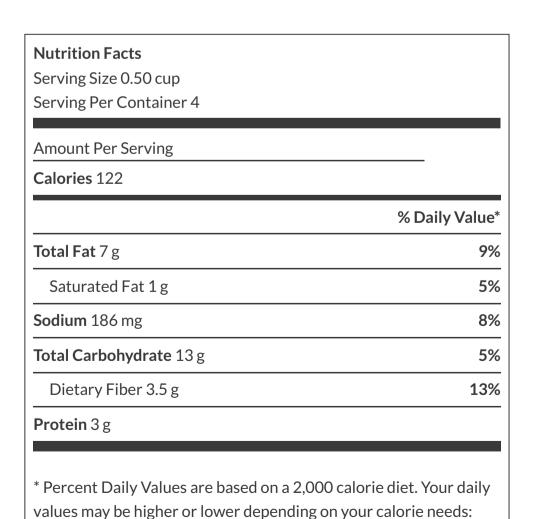




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