

BLACK BEAN AND CORN SALAD

TOTAL PREP TIME: 7 MINUTES | COOK TIME: 10 MINUTES
SERVINGS: 7 | SERVING SIZE: 1/7 RECIPE

NUTRITION FACTS

148 calories
Total Fat: 4.6g
Saturated Fat: 0.5g
Carbohydrates: 22g
Fiber: 7g
Protein: 6g
Sodium: 378mg
Cholesterol: 0mg

INGREDIENTS

- 2 tbsp olive oil
- 1 cup corn kernels
- 1 (15oz) can black beans, rinsed
- 1 tomato, cored, seeded, and chopped
- 3 tbsp minced fresh cilantro
- 2 green onions, sliced thin
- 3 tbsp lime juice
- 1 1/2 tbsp minced chipotle peppers in adobo sauce
- 1/2 tbsp honey
- 1/4 tsp salt and pepper

DIRECTIONS

1. Wash hands and assemble clean equipment.
2. Heat 1 tbsp olive oil in pan and add corn. Cook about 6-8 minutes until golden brown.
3. Transfer into a large bowl and add beans, tomato, and cilantro.
4. In a separate bowl, whisk remaining 1 tbsp olive oil, green onions, lime juice, peppers, honey, salt and pepper.
5. Combine this mixture with the bean mixture in large bowl. Season to taste.

BLACK BEAN CORN SALAD

NUTRITION AND RECIPE TIPS

- Amp up the flavor: Add seasonings like cayenne pepper, paprika, garlic powder
- This salad is perfect on tacos with lean ground turkey or cooked chicken. It can also be served as a side dish or vegetarian main dish.
- Make it a main dish: Try adding a piece of fish, such as cod or salmon.
- Excellent source of:
 - **iron:** prevents anemia; aids in body growth and development.
 - **fiber:** helps you feel fuller longer and may prevent risk colorectal cancer.
- Did you know that adults should limit sodium (salt) intake to 2,300 mg (or 1 teaspoon) per day? Americans get most of their salt from processed foods like canned, boxed, or premade meals and restaurant foods. Only about 8%, on average, is added at the table.
- This homemade salad has less salt than those at the store. Look for canned beans and corn that are labeled **reduced sodium** or **no salt added**. You can use dry beans and frozen corn with no salt added or fresh corn as well.