



A Nutrition Resource

BLACK BEAN AND CORN SALAD

Yield: 3 Servings | Serving Size: 1 cup

Cost/Serving: \$0.81

Ingredients:

Salad

- 1/2 cup chopped onion
- 1/2 cup chopped red or green bell peppers
- 1 hot chili pepper, jalapeño, or Serrano, seeded and finely chopped (optional)
- 1 cup frozen corn or drained canned corn
- 1 1/2 cups cooked black beans or 1 (15-ounce) can black beans, drained and rinsed

Dressing

- 1/4 cup red wine vinegar or cider vinegar or lemon juice
- 1 teaspoon chili powder
- 1 clove garlic, chopped or 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 Tablespoon vegetable oil

Directions:

Caution: When handling hot peppers, the oils can cause burning and skin irritation. You can wear clean kitchen gloves or wash hands thoroughly after preparing. **KEEP HANDS AWAY FROM EYES.**

- 1) In a mixing bowl, stir together onion, red or green pepper, chili pepper (if using), corn, and beans.
- 2) In a jar with a tight-fitting lid, add vinegar, chili powder, garlic, salt, pepper, and vegetable oil. Shake until dressing is evenly mixed.
- 3) Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour.

Nutrition Facts

3 servings per container
Serving size 1 cup (204g)

Amount per serving
Calories 210

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 420mg 18%

Total Carbohydrate 33g 12%

Dietary Fiber 10g 36%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 37mg 2%

Iron 2mg 10%

Potassium 501mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Tip: Substitute other kinds of beans or use a mix. You can save money by soaking and cooking your own beans. They will be more nutritious and flavorful. Always rinse canned beans and vegetables to reduce sodium content.

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