Corn and Black Bean Salad

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

Ingredients

2 tablespoons olive oil
Vinegar, to taste
Lime juice, to taste
½ cup canned black beans, drained and rinsed
½ cup canned corn, drained
½ cup red and green bell peppers, chopped
½ cup tomato chopped
½ cup red onion, chopped
1 teaspoon cumin (optional)
1 teaspoon chili pepper (optional)
½ teaspoon salt (optional)
½ teaspoon pepper (optional)

Directions

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

Nutrition Information per Serving: Calories 122  Carbohydrate 13g  Dietary Fiber 3.5g  Protein 3g  Total Fat 7g  Saturated Fat 1g  Sodium 186mg

Source: SuperFood Drive

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