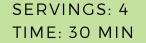
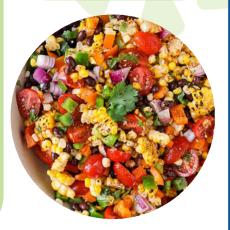
### Black Bean and Corn Salad

#### **INGREDIENTS**

- 3 cups low-sodium, canned corn
- 1 cup low-sodium, canned black beans
- 1 cup cherry tomatoes, halved
- 1/2 cup green bell pepper, diced
- 1/2 cup orange bell pepper, diced
- 1/3 cup red onion, diced
- 3 tablespoons cilantro, chopped
- 1/2 cup low-fat feta cheese, optional
- 3 tablespoons olive oil
- 2 tablespoons lime juice
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- Salt and pepper, to taste









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- Salt and pepper, to taste

SERVINGS: 4 TIME: 30 MIN







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# Black Bean and Corn Salad PROCEDURE

- 1. Rinse all produce; rinse and drain canned corn and black beans
- 2. Add cut up bell peppers, tomatoes, red onion, and cilantro to a large bowl with corn and black beans
- 3.In a small bowl, whisk together olive oil, lime juice, chili powder, and cumin
- 4. Pour dressing over salad, and toss to combine
- 5. Add salt and pepper to taste
- 6. Chill for at least 1 hour before serving





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