

Corn & Black Bean Salad

Makes 6 servings

1 can (15 oz) black beans, drained and rinsed
1 package (12 oz) frozen corn kernels, thawed
1 small red bell pepper, seeded and chopped
1/2 red onion, chopped
1 1/2 tsp cumin
1 lime, juiced
1 Tbsp olive oil or vegetable oil
Splash of hot sauce (if desired)

In a large bowl, mix all ingredients well. Chill for at least 15 minutes, or overnight for best flavor.

Nutrition information per serving: 130 calories, 2.5g fat (0g saturated fat), 4g protein, 5g dietary fiber, 150mg sodium. Daily Values: 50% of vitamin C, 6% of iron, 10% of vitamin A.

