

# COOL CORN AND BLACK BEAN SALAD

- 1 can (15 oz.) **no-salt-added black beans**, drained and rinsed
- 1 **mango**, peeled, pitted and diced
- 1 can (15 oz.) **no-salt-added corn niblets**, drained
- 1 **orange bell pepper**, seeded and diced
- 1 medium **tomato**, diced
- 2 **green onions**, chopped

## DRESSING:

- ¼ cup fresh **lime juice**
- ¼ cup **olive oil**
- ½ tsp ground **cumin**
- ¼ cup chopped fresh **cilantro**
- ½ tsp **salt**



1. In a serving bowl, combine black beans, mango, corn, peppers, tomato and green onion. 2. Whisk together all dressing ingredients. Combine salad and dressing, and serve.

## Makes 4 servings. Per serving:

297 calories | 9g protein | 15g total fat | 2g saturated fat | 10g mono fat | 3g poly fat  
38g carbohydrate | 7g sugar | 9g fiber | 298mg sodium