



Get Motivated to Move

Corn and Black Bean Salad

Recipe

Serves 4

Salad

- ◆ 1 can, 14 ounces, black beans, rinsed and drained
- ◆ 2 cups frozen corn kernels, defrosted
- ◆ 1 small red bell pepper, seeded and chopped
- ◆ 2 Persian cucumbers, diced
- ◆ 1/2 red onion, chopped
- ◆ 1/4 cup cilantro, chopped
- ◆ 1 1/2 teaspoons ground cumin, half a palm full
- ◆ 1 lime, juiced
- ◆ 2 tablespoons olive oil
- ◆ Salt and pepper
- ◆ 6- 8 oz bag of mixed greens

Dressing

- ◆ 2 tablespoon red wine vinegar
- ◆ 1 1/2 tablespoon lime juice
- ◆ 2 tablespoons olive oil
- ◆ 1/2 teaspoon oregano
- ◆ 1/4 teaspoon honey, more to taste
- ◆ 1/4 teaspoon cumin
- ◆ 1 shallot, diced
- ◆ Salt and pepper to taste



Directions

1. Combine all the salad ingredients, except mixed greens, in a bowl. Let stand for at least 15 minutes for flavors to combine.
2. To make the dressing combine everything in a food processor and mix until well combined. Serve on the side with salad.

Nutritional Information



225 grams ~ 1 cup
 % based on Daily Value
 *based on a 2,000 calorie diet

Nutrition

Serving Size: **210 grams**
 Calories **171**
 Calories from fat **88**
 Total Fat **9.7 grams (15%)**
 Cholesterol **0 mg (0%)**
 Sodium **116mg (5%)**
 Total Carbohydrate **19.7 grams (7%)**
 Dietary Fiber **3.9 grams (16%)**
 Sugars **41.1 grams**
 Protein **3.7 grams**

Vitamins

Vitamin A: **39%**
 Vitamin C: **54%**
 Calcium: **5%**
 Iron: **11%**

Good Points

No cholesterol
Very high in vitamin C
Very high in vitamin A