

# Black Bean Salad

## Ingredients:

- 2 (15 ounce) can black beans, rinsed and drained
- 1 can whole kernel corn, drained
- 2 tomatoes, chopped
- 2.5 tablespoons extra virgin olive oil
- 1/2 red onion, diced finely
- 1 red, yellow or orange bell pepper, chopped
- 1/2 cup chopped fresh cilantro
- 3 tablespoons fresh lime juice
- 1 teaspoon minced garlic
- 1/8 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1/8 teaspoon sea salt



Serves: 8



\*VEGAN



\*GLUTEN-FREE

## Preparation:

1. In a salad bowl, combine all ingredients and mix well.
2. Cover and refrigerate for at least one hour before serving, so the flavors can meld.

## Note:

- This will keep in the fridge for up to 5 days.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>3/4 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 55mg	<b>4%</b>
Iron 2mg	<b>10%</b>
Potassium 324mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.