

# Black Bean and Corn Salad

## Ingredients:

- ¼ cup olive oil
- 5 ½ tbsp. lime juice
- ⅛ tsp. salt
- 16 oz. canned black beans, low sodium, drained and rinsed
- 11 oz. canned corn, drained and rinsed
- 1 cup fresh tomatoes, diced
- 1 large zucchini, diced
- ¼ cup onion, chopped
- ¼ cup cilantro
- 2 tbsp. garlic, minced



<b>Nutrition Facts</b>	
Serving Size 1 cup (227g)	
Servings Per Container 5	
<b>Amount Per Serving</b>	
<b>Calories</b> 270	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 4g	
<b>Protein</b> 9g	
Vitamin A 4%	• Vitamin C 25%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## Directions:

1. In a large bowl combine all ingredients.
2. Toss gently and refrigerate for 1 hour. Serve with low sodium corn chips or as a side salad.