

Black Bean Salad

Ingredients:

- 22 ½ ounces canned black beans, unsalted
- 2 husks of corn
- ⅓ cup green onion, chopped
- 1 ½ tbsp. jalapeno, chopped
- 3 tbsp. green bell pepper, chopped
- 1 ⅓ cup fresh tomatoes, diced
- ⅓ cup cilantro, chopped
- 3 tbsp. red onion, chopped
- 2 tsp. garlic cloves, minced
- ¼ tsp. salt
- ¾ tsp. ground black pepper
- 3 tbsp. lime juice
- 1 ½ tbsp. extra virgin olive oil
- 2 tbsp. oregano



Nutrition Facts	
Serving Size ¾ cup (170g)	
Servings Per Container 8	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 25g	8%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 7g	
Vitamin A 15%	• Vitamin C 30%
Calcium 4%	• Iron 10%
*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. Rinse and drain black beans.
2. Preheat oven to 350 degrees F. Place corn husks directly on the oven rack and roast for 30 minutes or until corn is soft.
3. Remove roasted corn from the cob and combine with the beans in a large mixing bowl.
4. Add chopped green onions, seeded and minced jalapeno peppers, chopped bell pepper, diced tomatoes, chopped cilantro, chopped oregano, chopped onion, minced garlic, salt, pepper, lemon zest and lemon juice.
5. Mix well to combine and chill in refrigerator for about 1 hour before serving.