

Marinated Black Bean and Corn Salad

Ingredients:

Salad

- 2 cans black beans (rinsed and drained)
- 1 cup frozen corn (thawed)
- 1 cup red bell pepper, diced
- 1 cup green bell pepper, diced
- 1 cup Roma tomatoes, diced
- $\frac{2}{3}$ cup purple onion, diced
- $\frac{1}{2}$ cup cilantro, chopped

Dressing

- $\frac{1}{2}$ cup red wine vinegar
- $\frac{1}{2}$ cup olive oil
- $1\frac{1}{2}$ teaspoons cumin
- $1\frac{1}{2}$ teaspoons sugar
- 1 teaspoon chili powder
- 1 teaspoon garlic powder

Directions:

1. Add all salad ingredients together and gently fold mixture.
2. Prepare dressing (mixing all ingredients, beat together with fork or whisk).
3. Pour dressing over salad and refrigerate for 2 hours or more (even overnight).
4. After refrigerating, stir gently to mix and serve.

Shared by: Louise Blivin, A5G

Registered Dietician Notes:

Calories: 426
Protein: 19 g
Carbohydrates: 60 g
Fat: 14 g
Sat Fat: 2.2 g