



# Black Bean, Corn and Tomato Salad

## Ingredients:

- 1 can (15 oz.) black beans, drained and rinsed
- ½ cup frozen corn, thawed
- 2 plum tomatoes, seeded and chopped
- ¼ cup red onion, chopped
- ¼ cup cilantro, chopped
- 2 Tbsp vegetable oil
- 1 Tbsp lime juice (about 1 lime)

## Directions:

1. In a large bowl, gently mix together beans, corn, tomatoes, onion and cilantro.
2. Add lime juice and oil. Stir to coat. Season with salt and pepper to taste.
3. Can be served immediately or set aside for 30 minutes for flavors to intensify.



Serves 4  
(1 cup servings)

Nutrition Facts per serving:  
450 calories; 8g fat; 73g carbohydrates; 24g protein;  
4g sugars; 0mg cholesterol; 10mg sodium.

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