

Corn & Black Bean Salad



This recipe uses a combination of frozen, canned and fresh ingredients, making it quick and easy while providing a bright burst of flavor with a variety of color and textures in one dish!

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

2 each	Limes, zested and juiced
2 Tbsp	Olive Oil
½ tsp	Kosher Salt
½ tsp	Garlic Powder
To taste	Black Pepper, ground
2 cups	Corn, frozen, defrosted
1 (15 oz) can	Black Beans, low sodium, drained and rinsed
½ medium	Red Bell Pepper, diced small
1 each	Jalapeño, minced (optional)
4 stalks	Green Onion, sliced thinly
¼ cup (½ bunch)	Cilantro, fresh, chopped

CHEF'S NOTES

This dish can stand alone or makes a light and fresh addition to green salads, stews and tacos while adding fiber and crunchy texture. It's also a tasty salsa for snacking with homemade tortilla chips!

Frozen corn can be thawed quickly by soaking it in cold water and then draining once it's defrosted.

Try with broiled or grilled corn cut from the cob for added depth of flavor.

Substitute some or all of the corn with mango or pineapple for a flavor-packed way to feature fruit in a savory way.

Jalapeños are a great way to add heat. You can control the amount of spice in the dish by using the whole pepper (hotter) or removing the ribs and seeds (milder). Use however much you like!

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a medium bowl, whisk together the lime juice and zest, oil, salt, pepper, and garlic powder.
3. Add the corn, beans, pepper(s), green onion, and cilantro to the bowl with the dressing and stir to combine. Set aside in the refrigerator for at least 10-15 minutes (overnight is okay) to allow the salad to chill and the flavors to develop.

Nutrition Facts

8 servings per container

Serving Size 1/2 cup (138 g)

Amount per serving

Calories 120

% Daily Value *

Total Fat 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 19g 7%

Dietary Fiber 5g 19%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 5g 10%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.39mg 2%

Potassium 200mg 3%

*The % Daily Value (DV) 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.

Recipe adapted from *Health meets Food*: "Cold Corn and Black Bean Salad" (1/15/19)



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