



Black Bean and Corn Summer Salad

This is a great cold salad filled with lots of bright colours and flavours that can be enjoyed as a snack, light lunch, or a side dish. This recipe is a great source of protein, fiber and folate, and is very low in calories, fat, and cholesterol.

Prep: 10 minutes • Total: 10 minutes

Ingredients:

black beans, rinsed and drained	19 oz can	540 mL
frozen corn niblets, thawed	2 cups	500 mL
fresh cilantro, chopped	¼ cup	50 mL
lime juice	¼ cup	50 mL
medium tomatoes, chopped	2 each	2 each
onion, chopped	½ cup	125 mL
ground cumin	1 tsp	5 mL
salt	½ tsp	2 mL
pepper	½ tsp	2 mL

Directions:

1. Combine all ingredients in a large bowl.
2. Serve chilled.

Nutrition Facts

Serving Size (124g)

Servings Per Container

Amount Per Serving

Calories 80 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 15g **5%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 4g

Vitamin A 2% • Vitamin C 10%

Calcium 2% • Iron 4%

*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

Adapted from: UWO Hospitality Services, iBean

Makes 10 servings (124g / serving) • 1 serving = small bowl

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