

Black Bean and Corn Salad

INGREDIENTS

- 3 cups low-sodium, canned corn
- 1 cup low-sodium, canned black beans
- 1 cup cherry tomatoes, halved
- 1/2 cup green bell pepper, diced
- 1/2 cup orange bell pepper, diced
- 1/3 cup red onion, diced
- 3 tablespoons cilantro, chopped
- 1/2 cup low-fat feta cheese, optional
- 3 tablespoons olive oil
- 2 tablespoons lime juice
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- Salt and pepper, to taste

SERVINGS: 4
TIME: 30 MIN



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PROCEDURE

1. Rinse all produce; rinse and drain canned corn and black beans
2. Add cut up bell peppers, tomatoes, red onion, and cilantro to a large bowl with corn and black beans
3. In a small bowl, whisk together olive oil, lime juice, chili powder, and cumin
4. Pour dressing over salad, and toss to combine
5. Add salt and pepper to taste
6. Chill for at least 1 hour before serving



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