

# SOUTHWEST CORN AND BEAN SALAD

SERVES 6



- 1 cup Canned black beans, drained
- 1 cup Corn kernels
- 1/2 cup Red bell peppers, diced
- 1/2 cup Avocado, diced
- 1 1/4 cups Fresno tomatoes, chopped
- 1/2 cup Green onions, chopped
- 3 T Fresh cilantro, chopped
- 1/2 ea. Jalapeno pepper, seeded, diced
- 3 T Lime juice
- 3 T Olive oil

Serving Size:	1/2 c
Calories:	143 Kcals
Fat:	9 gm
Protein:	3 gm
Carbohydrates:	15 gm
Sodium:	98 mg

In a mixing bowl, combine the beans, corn, bell pepper, avocado, tomatoes, jalapeno, onions, and cilantro, gently toss.

Whisk together the remaining ingredients, then pour over the bean mixture and gently stir to combine.  
Chill for at least an hour to allow flavors to mingle.



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