

# Corn and Black Bean Salad

- 2 Tbsp extra-virgin olive oil
- Vinegar and lime juice to taste – use ½ of each
- ½ cup black beans, drained and rinsed
- ½ cup corn, drained
- ½ cup red and green peppers, chopped
- ½ cup chopped tomato
- ¼ cup chopped red onion

## Instructions

Mix together beans and vegetables in a large bowl.

Toss with extra-virgin olive oil, vinegar, and lime juice as the dressing.

*Optional spices: 1 tsp cumin, 1 tsp chili pepper, ½ tsp salt, ½ tsp pepper*



**Beans** provide a great alternative to meat, as they are a low-fat source of protein. Beans are also a delicious source of fiber, B vitamins, iron, folate, potassium, magnesium, and many phytonutrients.

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