

# Black Bean Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8      Serving Size: 4 ounces

Ingredients	Quantity	Measure
Black beans, canned, drained, and rinsed	15	ounces
Canned tomatoes and chilies (do not drain)	8	ounces
Corn, frozen	1	cup
Green bell pepper, small dice	½	cup
Red bell pepper, small dice	½	cup
Red onion, small dice	½	cup
Zesty Italian dressing	1	cup

## Preparation

1. Prepare vegetables; add black beans, corn and canned tomatoes.
2. Toss with dressing and serve.

## Nutrition Information

 per serving \*From USDA Nutrient Database

Calories: 180 Total Fat: 9 g Saturated Fat: 1 g Carbohydrate: 22 g Protein: 5 g Sodium: 608mg Vitamin A: 1%  
Vitamin C: 33% Calcium: 4% Iron: 5%