

Black Bean Salad (or Salsa)



Serve this Simple Cooking with Heart black bean salad chilled as a great side salad to a meal. Or, warm in the microwave and use as a filling for tacos!

Nutrition Facts

Recipe makes 6 servings

Calories: 142	Dietary Fiber: 5 g
Fat: 2.5 g	Sodium: 11 mg
Carbohydrate: 26 g	Protein: 6 g
Cholesterol: 0 mg	

Source: American Heart Association.

For more Heart-friendly recipes, visit:

<http://www.heart.org>

CareMore Cal MediConnect Plan - <http://duals.caremore.com> - Member Services: 1-888-350-3447

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Ingredients

- 1- 15.5 oz. canned, no-salt-added or low-sodium black beans, drained
- 1- 15 oz. canned, no-salt-added or low sodium kernel corn **OR**
- 3/4 cup frozen corn, thawed
- 1 medium bell pepper, diced **OR**
- 1 medium tomato, diced
- 1/2 cup red onion, diced
- 1 tsp. minced garlic
- 2 Tbsp. chopped cilantro
- 2 Tbsp. cider vinegar
- 3 Tbsp. extra virgin olive oil
- 1 juice of lime

Directions

1. Toss all ingredients together, and let chill for at least one hour.