



Cold Corn and Black Bean Salad

This salad adds color and a bright taste to any dish!

U.S.		Metric
2 cups	Corn, frozen	272 g
2 each	Limes, zested and juiced	2 each
2 Tbsp	Olive Oil	60mL
1/2 tsp	Salt, Kosher	3g
1/2 tsp	Garlic Powder	1.5g
To taste	Black Pepper, ground	To taste
1/2 medium	Red Bell Pepper, diced small	1/2 medium
4 stalks	Green Onion, sliced thin	4 stalks
1 cup	Black Beans, canned, drained and rinsed	175g
1/4 cup	Cilantro, fresh, chopped (about 1/2 bunch)	40g

Preparation:

1. Gather all ingredients and equipment.
2. To thaw the corn, soak in cold water in a small bowl and set aside.
3. In a bowl combine the olive oil, lime juice, lime zest, salt, garlic powder, and black pepper. Whisk to combine.
4. Drain the corn and ensure it is fully thawed.
5. Combine the remaining ingredients with the corn and dressing. Use a wooden spoon or rubber spatula to toss to coat. Serve cold.

Nutrition Facts

8 Servings

Serving size **1/2 cup**

Amount per serving

Calories **100**

Calories from Fat 30

Total Fat 3.5 g

 Saturated Fat 0.5 g

 Trans Fat 0 g

 Monounsaturated Fat 2.5 g

Cholesterol 0 mg

Sodium 240 mg

Total Carbohydrate 15 g

 Dietary Fiber 3 g

 Total Sugars 1 g

 Includes 0g Added Sugars

Protein 3 g

Vitamin D 0 %

Calcium 2 %

Iron 4 %

Potassium 136 mg

Phosphorus 39 mg
