

Southwest Bean and Corn Salad



Salad Ingredients

- 15 oz. can no-salt-added corn, drained and rinsed
- 15 oz. can black beans, drained and rinsed
- 2 vine tomatoes, diced
- ½ red onion, diced
- 1 avocado, diced

Dressing Ingredients

- ¼ cup olive oil
- ¼ cup red wine vinegar
- ¼ cup honey
- ¾ Tbsp. Dijon mustard
- Juice from 1 lime
- ½ tsp. chili powder
- ¼ tsp. red pepper flakes
- ¼ tsp. oregano
- ½ tsp. garlic salt

Directions:

1. In a large bowl, combine the corn, black beans, tomatoes and onions. Mix well.
2. In a jar combine the dressing ingredients. Cover with a lid and shake well.
3. Add the avocado and serve immediately. Serve with dressing on the side so everyone can add their desired amount.
4. Enjoy!

*Yield 10 servings, serving size: 1 serving. Calories: 165.
Fat: 8 g. Cholesterol: 0 mg. Sodium: 281 g. Carbohydrates: 16.3 g.
Fiber: 4 g. Sugar: 9.1 g. Protein: 28 g.*

**These facts may vary based on size, amount,
and brand use. This information is only a guide.*