

South of the Border Salad

Makes: 9 servings

Ingredients

- 2 cans** corn (15.2 ounces each, drained and rinsed)
- 2 cans** black beans (15.5 ounces each, drained and rinsed)
- 1 can** diced tomatoes with green chilies (14.5 ounces)
- 1** onion (small, chopped)
- Dressing Ingredients:
 - 3 tablespoons** olive oil (or canola oil)
 - 1/3 cup** lemon or lime juice
 - 1/2 teaspoon** pepper
 - ground cumin (optional)

Directions

1. Mix the salad ingredients in a large bowl.
2. Mix the dressing ingredients in a small bowl.
3. Pour dressing over corn mixture and mix well.
4. Cover and refrigerate for at least 2 hours.

Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	180	
Total Fat	6 g	9%
Protein	6 g	
Carbohydrates	29 g	10%
Dietary Fiber	5 g	20%
Saturated Fat	0.5 g	3%
Sodium	680 mg	28%