

Fiesta Corn and Black Bean Salad (FDD)

Makes: 4 Servings

Super fast to make! Uses low-sodium canned vegetables and beans. You can make this in the blink of an eye.

Ingredients

- 1 **can** low-sodium corn, drained (15 1/4 ounces)
- 1 **can** black beans, drained (15 ounces)
- 1/2 **cup** onions, chopped
- 1 **can** unsalted tomatoes, diced or chopped, drained (14 1/2 ounces)
- 1 **can** green chilies, drained, diced (4 ounces)
- 2 **tablespoons** vegetable oil
- ground cumin (1/2 teaspoon, if you like)
- chopped cilantro, for topping (1/4 cup, if you like)
- Lime juice, to taste, for topping (if you like)

Directions

1. Combine all ingredients in medium bowl and mix. If using cumin, add that too.
 2. If using cilantro and lime juice as a topping, shake cilantro over the top of the salad. Squeeze lime juice over the top of the salad
- Delmonte.com

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	150	
Total Fat	5 g	
Protein	5 g	
Carbohydrates	24 g	
Dietary Fiber	5 g	
Saturated Fat	0 g	
Sodium	445 mg	