

Fiesta Corn Salad

Makes 4 servings

Ingredients

- 1 cup canned corn, rinsed and drained
- 1 cup black beans, rinsed and drained
- 1 medium onion, chopped
- 1 15-ounce can diced tomatoes, drained
- 2 teaspoons lemon juice
(You can also use lime juice*.)
- 1 tablespoon olive oil
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon ground cumin
- ½ teaspoon salt

Directions

1. In a large bowl, combine all ingredients. Stir.
2. Cover and refrigerate.
3. Serve chilled with tortilla chips.

*Option not included in nutrition facts.

TIP

To turn this snack into a meal, try serving the salad warm with cooked rice or meat.

 = gluten free

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Nutrition Facts

Serving Size 1 1/4 cup (278g)
Servings Per Container 4

Amount Per Serving

Calories 170 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 950mg 48%

Total Carbohydrate 28g 8%

Dietary Fiber 8g 32%

Sugars 8g

Protein 6g

Vitamin A 8% • Vitamin C 30%

Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	35g	45g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: corn

Carb choices per serving: 2