

# Black Bean and Corn Salad

Serving Size: ½ Cup | Makes 12 Servings

## Ingredients:

- ½ cup fresh cilantro, chopped
- 1 red bell pepper, finely diced
- 1 (29 oz) can black beans, rinsed and drained
- 3 Tbsp olive oil
- ¼ tsp garlic powder
- ¼ tsp cayenne pepper (optional)
- ½ cup red onion, finely diced
- 2 cups frozen corn, thawed
- 2 limes, juiced
- ½ tsp cumin
- ¼ tsp black pepper

## Directions:

1. In a medium bowl, combine beans, corn, red pepper, red onion and cilantro.
2. In a small bowl, whisk together remaining ingredients and pour over bean salad. Toss to coat.

## Nutrition Facts:

- Calories: 110
- Total Fat: 4 g
- Saturated Fat: 0.5 g
- Cholesterol: 0 mg
- Sodium: 50 mg
- Total Carbohydrate: 16 g
- Dietary Fiber: 4 g
- Protein: 4 g