



Two Bean and Corn Salad

Try this salad as a condiment on grilled fish and chicken dishes.



INGREDIENTS

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| 1/3 cup vegetable oil | 3 stalks celery, chopped |
| 2 tablespoons balsamic vinaigrette | 2 cups frozen corn, thawed |
| 1 teaspoon cumin | 1 medium red bell pepper, chopped |
| 1 (15-ounce) can black beans, drained and rinsed | 1 cup chopped red onion |
| 1 (15-ounce) can Great Northern beans, drained and rinsed | 1/3 cup chopped fresh cilantro |
| | 2 small jalapeño peppers, seeded and chopped (optional) |

PREPARATION

1. In a large bowl, whisk oil, vinegar, and cumin.
2. Add remaining ingredients and toss to coat.
3. Serve immediately or refrigerate for up to 1 hour to allow flavors to blend.



Makes 10 servings. 1 cup per serving.

Prep time: 10 minutes

Nutrition information per serving: Calories 227, Carbohydrate 31 g, Dietary Fiber 9 g, Protein 9 g, Total Fat 8 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 334 mg