BLACK BEAN SALAD

Yield: 10 - 1/2 cup servings

INGREDIENTS

* 1/2 cup Granulated Sugar
* 1/4 teaspoon Pepper
* 1/2 teaspoon Salt
* 1/4 cup Salad Oil
* 1/3 cup Vinegar (Red Wine Vinegar may be used for flavor)
* 22 ounces Canned Black Beans, drained
* 1 cup diced Green Pepper
* 3/4 cup diced Red Pepper
* 1/3 cup diced Onion
* 1 cup frozen whole kernel Corn
* 1 tablespoon sliced Jalapeno Peppers
* 1 teaspoon minced fresh Garlic

DIRECTIONS

* Combine the sugar, pepper, salt, salad oil and vinegar until blended and refrigerate.
* Combine the remaining ingredients.
* Add dressing, mix together to coat evenly.
* Cover and refrigerate.
* This salad should marinate for several hours or overnight to allow the flavors to develop.
* Enjoy!

NUTRITIONAL INFORMATION

PER SERVING

* Calories: 382
* Cholesterol: 0 mg
* Sodium: 587 mg
* Fiber: 7 g
* Protein: 11 g
* Carbohydrates: 34 g
* Total Fat: 5 g
* Trans Fats: 0

Recipe courtesy of
Saint Paul Public Schools Nutrition Services