

BLACK BEAN SALAD

Yield: 10 - 1/2 cup servings



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

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!

REAL
choices

Recipe courtesy of
Saint Paul Public Schools Nutrition Services