Black Bean and Corn Salad With Lime

Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD; recipe by Robyn Webb

About the Recipe

154 Calories · 7.8 g Protein · 9.8 g Fiber
Lunch · Dinner · Side Dish · Snack
Gluten-free · Nut-free

Ingredients

Makes 4 Servings

- 1 15-oz can (840 g) black beans, rinsed and drained
- 1 small yellow bell pepper, chopped
- 1 small red bell pepper, chopped
- 1 small tomato, chopped
- 1 c (166 g) frozen corn, thawed
- 2 scallions, chopped
- 1 tbsp (15 mL) fresh cilantro
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) dried basil
- 1/2 tsp (2.5 mL) ground cumin
- 1/2 juice of lime
- 1/4 tsp (1.2 mL) iodized salt
- 1/8 tsp (0.6 mL) black pepper

Directions

1. Combine all ingredients in a salad bowl. Add additional lime juice, cilantro, salt, or pepper to taste. Serve chilled or at room temperature.

Nutrition Facts

Per serving (1/4 of recipe):

Calories: 154 calories

Fat: 1 g

- Saturated Fat: 0.1 g
- Calories From Fat: 5.3%

Cholesterol: 0 mg

Protein: 7.8 g

Carbohydrate: 30.9 g

Sugar: 4.2 g

Fiber: 9.8 g

Sodium: 291 mg

Calcium: 73 mg

Iron: 2.6 mg

Vitamin C: 65.2 mg

Beta-Carotene: 521 mcg

Vitamin E: 0.6 mg