

# Black Bean and Corn Salad With Lime

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

This crowd-pleasing salad can be served as is, as a burrito filling, or as a dip with tortilla chips.

## 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***

- black beans, rinsed and drained (1 15-ounce can)
- small yellow bell pepper, chopped (1)
- small red bell pepper, chopped (1)
- small tomato, chopped (1)
- frozen corn, thawed (1 cup)
- scallions, chopped (2)
- fresh cilantro (1 tbsp.)
- dried oregano (1 tsp.)
- dried basil (1 tsp.)
- ground cumin (1/2 tsp.)
- juice of lime (1/2)
- sea salt (to taste)
- black pepper (to taste)

## Directions

1. Combine all ingredients in a salad bowl. 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

**Carbohydrates:** 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