



Colorful Black Bean Salad



Ingredients



- 1/2 cup black beans, drained
 - 1/4 cup corn
 - 1/4 of an onion, diced
 - 1/3 cup canned tomatoes
 - 1/3 of an avocado, diced
 - 1/2 tbsp. diced jalapenos
 - 1/2 of a lime, juiced
 - 1 tbsp. olive oil
 - 1/4 tsp. chili powder
 - Salt and pepper to taste
- Yield: 2 cups
Serving Size: 1/2 cup



Directions



1. Mix black beans, corn, tomatoes, jalapenos, onion, and bell pepper in a bowl.
2. Add lime juice, oil, salt and pepper. Toss gently to combine.
3. Add avocado just before eating.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Use fresh, canned, or frozen forms of these vegetables—whatever is most available.
- Serve over rice or a bed of greens—or eat as a dip with homemade tortilla chips!

Nutrition Facts



Nutrition Facts	
4 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.9mg	4%
Potassium 235mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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