



# 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.

### Estimated Price:

Yield: \$1.35

Serving Size (1/2 cup): \$0.34

Visit [secondharvestkitchen.org](http://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



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

\*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.

Second Harvest is an equal opportunity provider.



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