



# Try it “Tuesdays”



## Santa Fe Corn and Black Bean Salad

Makes: 8 ½ cup servings

Preparation time: 10-15 minutes

Nutrition Facts	
Serving Size 1/2 cup (142g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 100</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0.5g</b>	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 270mg</b>	11%
<b>Total Carbohydrate 20g</b>	7%
Dietary Fiber 4g	16%
Sugars 2g	
<b>Protein 4g</b>	
Vitamin A 6%	Vitamin C 30%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Ingredients

- 1/4 cup chopped fresh cilantro
- 1 teaspoon minced garlic (1 clove)
- 1/2 cup diced green or red bell pepper (1/2 of a large bell pepper)
- 3/4 cup salsa
- 2-3 teaspoons canned, diced jalapeño chilies
- 1/2 teaspoon ground cumin
- 1 can (15 ounces) whole kernel corn, drained
- 1 can (15 ounces) black beans, drained and rinsed
- Salt and pepper to taste (optional)

### Directions

Mix cilantro, garlic, bell pepper, salsa, chilies, cumin, corn and beans in a large bowl. Season to taste with salt and pepper, if necessary. Refrigerate for half an hour and serve alone or in a whole grain tortilla. Refrigerate leftovers.

