Makes 10 servings. *1 cup per serving.*
Prep time: 10 minutes

Nutrition information per serving: Calories 227, Carbohydrate 31 g, Dietary Fiber 9 g, Protein 9 g, Total Fat 8 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 334 mg

Two Bean and Corn Salad

Try this salad as a condiment on grilled fish and chicken dishes.

INGREDIENTS

- ⅓ cup vegetable oil
- 2 tablespoons balsamic vinaigrette
- 1 teaspoon cumin
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can Great Northern beans, drained and rinsed
- 3 stalks celery, chopped
- 2 cups frozen corn, thawed
- 1 medium red bell pepper, chopped
- 1 cup chopped red onion
- ⅓ cup chopped fresh cilantro
- 2 small jalapeño peppers, seeded and chopped (optional)

PREPARATION

1. In a large bowl, whisk oil, vinegar, and cumin.
2. Add remaining ingredients and toss to coat.
3. Serve immediately or refrigerate for up to 1 hour to allow flavors to blend.

Recipe courtesy of BOND of Color.