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Bean & Corn Salad

Ingredients:

1 (15 oz.) can of Beans (black, pinto or garbanzo), rinsed and drained
1 ½ cups cooked corn* (grilled or frozen)
2 stalks celery, diced
2 medium carrots, diced
2 green onions, chopped
1/3 cup chopped fresh cilantro
½ cup fresh, store-bought salsa
Juice of 1 lime
1 teaspoons olive or canola oil
Pinch of salt and black pepper

Preparation:

In a large mixing bowl, combine beans, corn, celery, carrots, green onions and cilantro.
In a small bowl, combine salsa, lime juice and oil. Add to bean mixture and stir until well coated.
Add salt and pepper as needed and stir again.
Makes about 8 ½-cup servings.

*NOTE: you can substitute any grain (such as rice, barley, quinoa, etc.) for the corn to add variety.

Recipe courtesy of:

Jill West, RDN, an accomplished speaker, author and Registered Dietitian Nutritionist. She has a private practice in Lafayette, CA helping adults, families and student athletes achieve their health and performance goals.
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