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Corn & Black Bean Salad

Ingredients

1 (19 oz.) can low sodium black beans, rinsed and drained**
1 ½ cups cooked corn (grilled or frozen)
1/3 cup diced red onion
1/3 cup fresh, store-bought salsa
Juice of 1 lime
1 teaspoon olive or canola oil
1/3 cup chopped fresh cilantro
Pinch of salt and black pepper

Preparation

In a medium-large bowl, combine the black beans, corn, red onion, and salsa.
Add lime juice, oil and cilantro. Stir to combine.
Sprinkle with salt and pepper. Stir and let stand for 30 minutes to allow flavors to blend, then Serve.
Makes 4 cups.

Recipe courtesy of:

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

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