



#UAEX **LivingWell**



Black Bean and Corn Salad

Source: Adapted from Lickety-Split Meals for Health Conscience People on the Go! | 1 cup serving | 150 calories, 0.5 g fat, 7g protein, 7g fiber, 516mg sodium

INGREDIENTS:

- 2 cups frozen corn or 1 (16 ounce) can corn
- 1 (16 ounce) can black beans
- 1 cup salsa
- ½ teaspoon cumin
- ½ teaspoon chili powder
- 3 dashes cayenne pepper

DIRECTIONS:

1. Drain liquid from corn. (If using frozen corn, run warm water over it to thaw.) Transfer to a medium bowl.
2. Rinse black beans in a strainer; add to bowl.
3. Add salsa, cumin, chili powder and cayenne pepper. Mix gently
4. Enjoy as a salad, a side dish, or rolled up in a tortilla as a quick sandwich.