

Black Bean Salad with Pineapple

Yield: 6 servings

Total Time: 10 minutes

Ingredients

- 3 scallions, chopped
- 1 medium red, orange, or green bell pepper, seeded and diced
- 1 cup no-salt-added canned corn, drained
- 1 20-ounce can pineapple chunks in juice, drained
- 1 15.5-ounce can low-sodium black beans, rinsed

Dressing

- 1 Tbsp canola oil or olive oil
- 1 Tbsp lime juice, fresh or bottled
- 1 Tbsp ground cumin
- ¼ cup cilantro, chopped

Preparation Instructions

1. In a large bowl, combine scallions, bell pepper, corn, pineapple, and beans.
2. In a small bowl, combine dressing ingredients of oil, lime juice, cumin and cilantro. Mix together with a whisk or fork.
3. Pour the dressing over the salad ingredients in the large bowl.
4. Mix well and enjoy.

Nutrition Analysis

Per serving: 170 calories; 3g fat (0g saturated, 0g trans); 0mg cholesterol; 80mg sodium; 31g carbohydrate (7g fiber, 15g sugar); 6g protein. Vitamin A 4%, Vitamin C 45%, Calcium 6%, Iron 10% Daily Value.

Cost

Per serving: \$1.16

Total ingredient cost: \$15.52

Adapted from: www.hannaford.com

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