

 **Prep:** 15 minutes  
 **Cook:** 0 minutes  
 **Servings:** 6-8

# Best Black Bean Salad

## INGREDIENTS

1 red bell pepper, *diced*  
1 green bell pepper, *diced*  
1 yellow bell pepper, *diced*  
½ cup red onion, *diced*  
1 can (15.25 oz) corn, *drained*  
1 clove garlic, *chopped*  
1 tsp cilantro  
¼ cup olive oil  
4 Tbsp red wine vinegar  
1 tsp lime juice  
Salt and pepper to taste  
1 can (~15 oz) Black Beans, any variety,  
*drained and rinsed*  
Tortilla chips

## DIRECTIONS

1. In small bowl, combine peppers, onion, corn, garlic and cilantro.
2. Add olive oil, vinegar, lime juice and salt and pepper to taste. Add black beans and toss well.
3. Serve with tortilla chips.

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### Nutrition Information per serving *(based on 6 servings without tortilla chips)*

Calories 137	Carbohydrate 13.5g	Calcium 15mg (1%)
Total Fat 9g	Fiber 3.2g	Iron 1mg (7%)
Saturated Fat 1.3g	Protein 2.8g	Potassium 259mg (6%)

