

 **Prep:** 15 minutes  
 **Chill:** 30 minutes  
 **Servings:** 6-8

# Southwestern Bean Salad

## INGREDIENTS

2 cans (~15 oz) Black Beans, any variety,  
*drained and rinsed*

2 cups frozen corn

2 red bell peppers, *diced*

2 cloves garlic, *minced*

2 Tbsp yellow onion, *minced*

2 tsp salt

¼ tsp cayenne pepper

2 Tbsp sugar

2/3 cup olive oil

6 limes, *zested and juiced*

½ cup fresh cilantro, *chopped*

2 ripe avocados, *diced*

## DIRECTIONS

1. Combine all ingredients except avocados in large bowl and mix well.
2. Add avocados on top. Cover and chill at least 30 minutes.

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### Nutrition Information (per serving, based on 6 servings)

Calories 800	Carbohydrate 56g	Protein 7g
Total Fat 32g	Fiber 9g	Calcium 135mg (10%)
Saturated Fat 4g	Sugars 13g	Iron 7mg (38%)

