

# CORN AND BEAN SALAD

Serves 12

Preparation Time: 10 minutes

## INGREDIENTS

- 1 can (15 oz.) garbanzo beans
- 1 can (15 oz.) black beans
- 1 can (15 oz.) corn
- 2/3 cup red onion, chopped
- 3 cloves garlic, minced
- ¼ cup cilantro, chopped
- 3 tablespoons olive oil
- 3 tablespoons balsamic vinegar

## DIRECTIONS

1. Wash hands. Rinse and drain canned beans and corn. Place in large mixing bowl.
2. Add remaining ingredients, stir.
3. Let sit at least 30 minutes in the refrigerator before serving.
4. Refrigerate leftovers. This recipe can be made a day ahead of time.

**NUTRITIONAL INFO:** Serving Size: ½ cup, Calories: 144, Fat: 4 grams (g), Sodium: 174 milligrams (mg), Fiber: 5 g. Vitamin C and Calcium: good source, Iron: excellent source.



## VARIATION:

### Corn and Bean Salad

1. Add other vegetables your family might like such as cherry tomatoes, chopped carrots, cucumber slices, or chopped green or red peppers.

SIMPLY GOOD EATING



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