

# Two Bean and Corn Salad

Try this quick and easy salad as a condiment on grilled fish or chicken dishes.

Makes: 10 servings  
 Prep Time: 10 minutes  
 Cook Time: N/A

Source: USDA Soulful Recipes

## Ingredients

- 1/3 cup vegetable oil
- 2 tablespoons balsamic vinaigrette
- 1 teaspoon cumin
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can Great Northern beans, drained and rinsed
- 3 stalks celery, chopped
- 2 cups frozen corn, thawed
- 1 medium red bell pepper, chopped
- 1 cup chopped red onion
- 1/3 cup chopped fresh cilantro
- 2 small jalapeño peppers, seeded and chopped (*optional*)

## Directions

1. In a large bowl, whisk oil, vinegar, and cumin.
2. Add remaining ingredients and toss to coat.
3. Serve immediately or refrigerate for up to 1 hour to allow flavors to blend.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	227
Total Fat:	8g
Saturated Fat:	1g
Cholesterol:	0mg
Sodium:	334mg
Total Carbohydrates:	31g
Dietary Fiber:	9g
Total Sugars:	4g
Added Sugars:	0g
Protein	9g

## Utensils Needed

- Sharp knife
- Cutting board
- Measuring spoons
- Measuring cups
- Large mixing bowl
- Mixing Spoon

# SHOPPING LIST

Average total cost without oil and seasonings: \$9.31

Average cost/serving: \$0.93

Makes: 10 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Red Bell Pepper, 1 whole



Add 1 to Cart  
Frozen Corn, 12 oz bag



Add 1 to Cart  
Black Beans, 15 oz can



Add 1 to Cart  
Red Onion, whole



Add 1 to Cart  
Great Northern Beans, 15 oz can



Add 1 to Cart  
Cilantro, bunch



Add 1 to Cart  
Celery, Bunch

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Preparation Tips

- Choose low-sodium canned beans and rinse and drain beans to reduce sodium further.
- Consider using dry beans in place of canned for a money saving option.
- Use beans other than those listed in the recipe for a different flavor.
- Use leftover fresh corn in place of frozen if possible.

### Storage Tips

- Refrigerate leftovers in an airtight container for up to 3 days.