

TOMATO BEAN SALAD

Prep Time: 30 minutes

**No cook time needed*

Included in Box:

- 1 (15 oz) can no salt black beans, drained and rinsed
- 1 (14.5 oz) can low sodium diced tomatoes, drained

Additional Ingredients Needed:

- 3 c. frozen or canned corn (low sodium or no salt preferred), drained and rinsed
- 1 small onion (~½ c.), finely chopped
- 2 T lime juice
- 1 tsp garlic powder
- ½ tsp ground cumin

Directions:

1. Add all ingredients to a medium-large bowl; mix to combine. Place in refrigerator for 20 minutes before serving.

Tip: Add dried or fresh cilantro for extra flavor!



Nutrition Facts*

Total Servings: 7

Serving Size: 1 c.

Calories: 124.5 kcal

Fat: 1 g

Sodium: 212 mg

Carbohydrates: 26 g

Fiber: 7 g

Protein: 5 g

Carbohydrate Servings: 2

**Nutrient facts include 50% less sodium black beans, no salt added diced tomatoes, low sodium whole kernel canned corn, small white onion, fresh lime juice, and spices.*