



Bean, Corn and Pepper Salad

Ingredients

2 cups dried black beans
1 cup frozen yellow corn
1/2 each medium sweet red pepper
1/2 each medium sweet green pepper
1/4 each large sweet yellow pepper
2 Tbsp scallion onions
1 Tbsp olive oil
1 Tbsp apple juice frozen concentrate
1 Tbsp balsamic vinegar
2 Tbsp salsa
1/2 tsp salt
1/8 tsp black pepper

Nutrition Facts (per serving)

Calories	132
Fat (g)	3
Saturated Fat (g)	-
Cholesterol (mg)	0
Sodium (mg)	249
Carbohydrate (g)	22
Fiber (g)	6
Protein (g)	6
Calcium (mg)	-

Preparation

Wash and cook beans according to instructions. Let cool. Dice all bell peppers. Combine beans, corn, peppers and scallions in serving bowl. Mix together the remaining ingredients and pour over bean mixture. Mix well and chill. Serve on bed of lettuce.

Serves: 4

Serving Size: 3/4 Cup

