



Category (Salads)

Garden Vegetable Black Bean Salad

Submitted by (Joan Heusser)

<p><u>Recipe</u></p> <p>2 large tomatoes 1/3 c. bottled fat-free Italian salad dressing 1 can 15 oz. black beans, drained and rinsed 1 tsp. ground cumin 1 c. canned or fresh corn 3/4 tsp. chili powder, divided 1 c. coarsely chopped zucchini 2 cloves garlic, minced 1/4 cup sliced green onions 1/4 c. unsalted cocktail peanuts, 3 Tbsp chopped cilantro chopped</p> <p>In large bowl, combine tomatoes, beans, corn, zucchini, green onion and cilantro; set aside. In small bowl, whisk together salad dressing, cumin, 1/2 tsp. chili powder and garlic. Stir into bean mixture, tossing to coat well. Refrigerate for at least 1 hour to blend flavors. To serve, toss peanuts with remaining 1/4 tsp. chili powder. Sprinkle over salad and serve immediately. Makes 5 servings. Nutrition information per serving: 145 Calories, 4 gm. total fat, 6 gm. fiber</p>	<p><u>Grocery List</u></p> <p>(Ingredients you need from the store for recipe and any side dish you might add.)</p>
<p><u>Side dish</u></p> <p>(Optional: Any suggestions of foods that might go well with the main dish.)</p>	<p><u>Tips/Helpful hints</u></p> <p>(Any ideas that might be helpful to know when making this recipe.)</p>