

Corn and Black Bean Salad



A recipe with just one step? Oh yes! This refreshing salad is the perfect accompaniment to your BBQ dishes – a delightful change from the traditional green salad! Not to mention, it's packed with fiber to keep you satisfied for longer. To turn it into a meal, add some goat cheese or a few cubes of tofu.

Preparation 10 min

Cooking 0 min

Portion 6

Nutrition Facts (per serving)

Calories 140 kcal

Fat 1 g

Carbohydrates 27 g

Fibre 7 g

Protein 7 g

Sodium 170 mg

Ingredients

- 1 can (540 ml) of black beans, rinsed and drained
- 185 ml ($\frac{3}{4}$ cup) of canned corn kernels, rinsed and drained*
- 3 mini cucumbers, diced
- 1 orange bell pepper, deseeded and diced
- 1 tomato, diced

- ½ white onion, minced
- 60 ml (¼ cup) of fresh cilantro, chopped

- 10 ml (2 tsp) of chili seasoning
- 10 ml (2 tsp) of lemon juice
- 5 ml (1 tsp) of Italian seasoning
- 1 ml (¼ tsp) of crushed red pepper flakes
- 1 ml (¼ tsp) of cayenne pepper
- Pepper and salt, to taste

Note: You can also use frozen corn kernels that have been thawed or fresh corn kernels when they are in season.

Preparation

1. In a large bowl, mix all the ingredients together. Enjoy!

Notes

Keeps for 5 days in an airtight container in the refrigerator. Not suitable for freezing.



Élodie Robillard – Nutritionniste Diététiste à Québec
Registered Dietitian Nutritionist in Quebec City