



## Southwest Fiesta Corn Salad

### INGREDIENTS

2 15-oz cans black beans, rinsed  
2 11-oz cans shoe peg (white z) corn, drained  
2 4-oz cans diced green chilies, drained  
2 15-oz cans whole kernel corn, drained  
1 8-oz can diced water chestnuts, drained  
1 14-oz can sliced black olives, drained  
4 bell peppers (1 each green, red, orange, and yellow)  
1 bunch green onion, diced

1 cup grape tomatoes  
1 red onion, diced  
1 bunch cilantro, chopped

### Dressing:

½ cup olive oil  
½ cup sugar  
1 cup white vinegar  
2 cloves garlic, minced  
Juice of one lime

### DIRECTIONS

Mix dressing and combine with all other ingredients. Refrigerate. Serves 20.

This colorful salad is a great stand-alone salad or can also be served with tortilla chips as a dip. It is a perfect recipe for large get-togethers and is very tasty and healthy! Enjoy. \*For a heartier version, serve on whole wheat bread instead of lettuce cups.



### Southwest Fiesta Corn Salad

<b>Nutrition Facts</b>	
Serving Size: (173g)	
Servings Per Container: 24	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 7g	
<b>Protein</b> 4g	
Vitamin A 20%	• Vitamin C 50%
Calcium 2%	• Iron 6%
Vitamin K 15%	• Folate 15%
Manganese 10%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: BLACK BEANS- LOW SODIUM, SHOE PEG CORN, BELL PEPPERS, CORN, BLACK OLIVES, VINEGAR, DICED GREEN CHILIES, DICED WATER CHESTNUTS, GRAPE TOMATOES, OLIVE OIL, SUGAR, ONION, GREEN ONIONS, LIME JUICE, CILANTRO, GARLIC