

BLACK BEAN SALAD

Yield: 20 - 1/2 cup servings



NUTRITIONAL INFORMATION PER SERVING

- * Calories: 380
- * Cholesterol: 0 mg
- * Sodium: 587 mg
- * Fiber: 7 g
- * Carbohydrates: 34 g
- * Total Fat: 4 g
- * Trans Fats: 0

INGREDIENTS

- * 1 cup granulated sugar
- * 1/2 teaspoon pepper
- * 1 teaspoon salt
- * 1/2 cup salad oil
- * 3/4 cup cider vinegar

- * 1 #10 can black beans, drained
- * 1 1/4 cup diced green pepper
- * 1 1/4 cup diced red pepper
- * 1/2 cup diced onion
- * 1 1/4 cup whole kernel corn, drained
- * 2 teaspoons minced fresh garlic
- * 1/4 cup jalapeno peppers, drained (optional)

DIRECTIONS

- * Combine the sugar, pepper, salt, salad oil and vinegar until blended and refrigerate.
- * Combine the remaining ingredients.
- * Add dressing, mix together to coat evenly.
- * Cover and refrigerate.
- * This salad should marinate for several hours or overnight to allow the flavors to develop.
- * Serve 1/2 cup portions.

REAL
choices

Recipe courtesy of
Saint Paul Public Schools Nutrition Services