CORN AND BEAN SALAD

SERVES 6

INGREDIENTS

1 - 15 ounce can garbanzo beans
1 - 15 ounce can black beans
1 - 15 ounce can corn
2/3 cup red onion, chopped
3 cloves garlic, minced
1/4 cup chopped cilantro, optional
3 tablespoons olive oil
3 tablespoons lemon juice or vinegar

DIRECTIONS

1. Wash hands. Drain and rinse beans and corn.
2. Add remaining ingredients.
3. Chill for 30 minutes.

NUTRITIONAL INFORMATION:

| Calories: 432 | Fat: 9.2 grams (g) |
| Saturated Fat: 0 grams (g) | Trans Fat: 0 grams (g) |
| Cholesterol: 7 milligrams (mg) | Carbohydrates: 69.7 grams (g) |
| Dietary Fiber: 17.3 grams (g) | Protein: 21.6 grams (g) |
| Sodium: 21 milligrams (mg) | Vitamin A: 3% |
| Calcium: 12% | Vitamin C: 14% |
| Iron: 32% |

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (Revised 8/2014)