

MEXICAN CORN SALAD

DRESSING

1/3 cup mayo
1/3 cup plain non-fat yogurt
1 lime juiced
1 tsp. Tajin® *Clasico* Seasoning
½ cup fresh cilantro

SALAD

1 Tbsp. olive oil
3 cup frozen corn, thawed (can use fresh)
1 clove garlic, minced
2 Tbsp. lime juice
¼ tsp. salt
1 cup no salt added black beans
1 red bell pepper, seeded and chopped
½ cup chopped red onion
½ cup packed fresh cilantro
½ cup crumbled *queso fresca* cheese

DIRECTIONS

Mix all dressing ingredients and set aside.

Heat oil over medium/high heat in a large saute' pan, add garlic and corn. Cook about 12-15 minutes, stirring frequently until corn begins to brown or char a bit. Gently toss with lime juice and salt. In a large bowl combine corn, black beans, pepper, onion and cilantro. Drizzle with dressing and toss to coat. Sprinkle with cheese and additional seasoning.

Serves 8, servings, 2/3 cup each

Exchanges per serving: 1 starch, 1 vegetable, 2 fat

Nutrients per serving:

Calories: 159

Calories from fat: 68 g

Total Fat: 7.5 g. (saturated fat <1 g)

Sodium: 281 mg.

Total Carbohydrate: 18 g.

Dietary Fiber: 3 g.

Protein: 6 g.