Tri-Bean Salad Southwest
Serving Size: 1 cup
Serves: 5

Ingredients
1 – 15 oz can Tri-Bean Blend (kidney, pinto & black beans) reduced sodium
3 tablespoons fresh lime juice (~1 large lime)
3 tablespoons extra virgin olive oil
½ teaspoon salt
½ teaspoon ground cumin
½ teaspoon ground red chipotle pepper
½ small onion, diced
1 clove garlic, minced
1 cup frozen whole kernel corn, thawed
1 cup cherry tomatoes, sliced
¼ cup fresh cilantro, divided
1 avocado, thinly sliced

Directions
Rinse well and drain the beans in a colander. This is an important step. Good rinsing
removes some of the salt but more importantly it removes the liquid that can give the
beans a can flavor.
In a medium mixing bowl, combine the lime juice, oil and seasonings. Add the onion and
garlic. Stir the beans and corn into the mix. Stir in the tomatoes and 1 tablespoon of the
cilantro. Mix well.

Serve over avocado slices and top with the remaining cilantro.

This simple and delicious salad is a very flavorful way to add healthy legumes to one’s
diet. It happily accompanies many different entrees or stands alone as a its own feature.

Exchanges per serving
1 Starch, 2 vegetables, 3 Fats

Nutrients per serving
Calories: 247
Calories from fat: 126
Total Fat: 14g
Cholesterol: 0mg
Sodium: 328mg
Total Carbohydrate: 25g
Dietary Fiber: 7g
Protein: 7g