

## **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