Southwestern Corn and Black Bean Salad

Looking for an easy weeknight meal? Look no further! This combination of black beans, cabbage, tomato, and corn is bursting with flavor and easy to pull together. It can also be made in advance for lunches.

Ingredients:

1½ cups corn
2 15 oz. cans of black beans, rinsed
2 cups shredded purple cabbage
1 large tomato, diced
½ cup red onion, minced
⅓ cup toasted slivered almonds
2 Tablespoons extra virgin light olive oil
¼ cup fresh cilantro, chopped
¼ cup lime juice *(2 limes)*
½ teaspoon salt
½ teaspoon pepper

Directions:

Place corn, black beans, cabbage, tomato, onion and toasted almonds in a large mixing bowl and stir to combine. Whisk lime juice, oil, cilantro, salt and pepper in a small bowl. Add mixture to the salad and stir to coat. Refrigerate until ready to serve. *Yields 8, one cup servings.*

Nutrition Information

Calories: 193 | Total Fat: 7 g (Saturated Fat: .5 g, Monounsaturated Fat: 2.5 g, Polyunsaturated Fat: .5 g, Trans Fat: 0 g) Cholesterol: 0 mg | Sodium: 335 mg | Potassium: 223 mg | Total Carbohydrate: 27 g (Dietary Fiber: 6 g, Sugars: 4 g) | Protein: 8 g

Recipe from: http://www.eatingwell.com/recipes/southwestern_corn_black_bean_salad.html
Modifications by: Abigail Kurowski, MS, RDN, LD

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Think Outside the Can!

- Beans, also called legumes, are a rich source of **protein, minerals** and **fiber.**
- The fiber in beans may help to achieve and maintain a **healthy weight** and **lower cholesterol** levels.
- You can buy canned varieties or make your own from scratch.
  Purchase canned with no salt added or rinse with water to remove excess sodium.

Preparing beans from scratch: *1 cup of dry beans makes 3 cups of cooked beans.*

- **Soak the beans:** in a large pot of water overnight. The next day rinse the beans and cover completely with fresh water.
- **Keep the beans at a simmer:** bring the beans to a boil over high heat. Reduce the heat and simmer covered for 1 hour, skimming off any foam.
- ***Optional:*** *Add dried onion to your beans while they cook.*

It's Always Salad Season!

- With over 200 varieties of fruits and vegetables, produce is always in season. You can incorporate your favorite fruits and vegetables in new and tasty combinations.
- Mix it up by including fresh, frozen, canned, dried and 100% juice varieties.
- **What's in season this fall? September – November:**

  Squashes, Cherries, Grapes, Daikon Radish, Turnips, Pumpkin, Pomegranate, Butter Lettuce, Brussels Sprouts, Cauliflower

  For a more extensive list of produce in season check out http://www.fruitsandveggiesmorematters.org/

Bonus Recipe

Black Bean Brownies

Think outside the box *(the box of brownie mix that is)*! Here is a great way to incorporate **protein** and **fiber** rich black beans into a delicious sweet treat. Sounds strange, but you will be pleasantly surprised!

Ingredients

15 ounces black beans, drained and rinsed
2 whole bananas
⅓ cup agave nectar or honey
¼ cup unsweetened cocoa
1 Tablespoon cinnamon
1 teaspoon vanilla extract
¼ cup instant oats

Directions

Preheat oven to 350º F. Grease an 8"x8" pan and set aside. Combine all ingredients, except oats, in a food processor or blender and blend until smooth, scrapping sides as needed. Stir in the oats and pour batter into the pan. Bake approximately 30 minutes or until a toothpick inserted in the center comes out clean. Allow to cool before slicing. Enjoy!

Recipe from: https://happyherbivore.com/recipe/vegan-blackbean-brownies/
Modifications by: Abigail Kurowski, MS, RDN, LD

Sources: http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/SimpleCookingwithHeart/The-Benefits-of-Beans-and-Legumes_UCM_430105_Article.jsp#.VzsVzfkrIdU, http://beaninstitute.com/bean-nutrition-overview/