

Lasting Lunch

Bean Salad



NUTRITION CONSULTING INC.

It's your health. Take a stand.

What You Need

1 can (19 oz. or 540 ml) black beans or your favorite beans, drained & rinsed
1/2 cup frozen corn kernels, cooked & cooled
1/2 cup grape tomatoes
2 green onions, diced
1 red/yellow/orange pepper, diced

The fiber and protein from the beans in this tasty salad will keep you sustained all afternoon!

Makes 4 Servings

Dressing:

2 tbsp. Olive oil
3 tbsp. Vinegar
1/8 tsp. Dry mustard powder
1 Clove garlic minced
1/2 tsp. Sugar
Pepper & salt to taste

You can also use your own favorite bottled vinaigrette dressing instead as a time saver.

How You Prepare

Prepare dressing. Place all the ingredients in a bowl. Stir in dressing.

Per Serving

Calories 298
Carbohydrates 50 g
Protein 13 g
Fat 8 g
Dietary Fiber 11 g