

Cooking with the DIETITIANS

SUMMER CONFETTI BEAN SALAD

Time: 15 minutes / Servings: 8

INGREDIENTS

Salad:

- 1 (15oz) can chickpeas, rinsed and drained
- 1 (15oz) can black bean, rinsed and drained
- 1 (15oz) can yellow sweet corn, drained
- 1 cucumber, finely chopped
- 1 pint cherry tomatoes, sliced in half
- 1 bell pepper, finely chopped
- ½ red onion, finely diced

Dressing:

- 1/3 cup olive oil
- ¼ cup lime juice
- 1 bunch of cilantro, finely chopped
- 1 Tbsp minced garlic
- 1 tsp black pepper



DIRECTIONS

1. Mix all non-dressing ingredients in a large container.
2. In blender, blend dressing ingredients for 30 second or until green and cloudy in appearance. ***If you don't have a blender, just put all ingredients into a sealable container and shake vigorously for 1 min***
3. Pour dressing over salad and mix thoroughly.
4. The salad is ready to serve but will taste even better if it can sit in the fridge for a few hours.

NUTRITION FACTS (PER SERVING):

Calories: 267, Fat: 11g, Saturated Fat: 1g, Sodium: 331mg, Potassium: 587mg, Carbohydrates: 35g, Fiber: 9g, Protein: 9g, Vitamin A: 66%, Vitamin C: 45%, Calcium: 6%, Iron: 20%

Recipe adapted from: <http://www.skinnymom.com/skinny-chickpea-summer-salad/>

A collaboration with USF Dining