

Vegetable Salad Western

Makes 10 servings

Ingredients

- 1 15-ounce can whole kernel corn, drained, or 2 cups frozen corn
- 2 cups cooked black beans or 1 15-ounce can; rinsed and drained
- 1 bell pepper, minced
- $\frac{3}{4}$ cup minced onion
- 1 medium tomato, chopped
- 1 clove garlic ($\frac{1}{4}$ teaspoon powder or $\frac{1}{2}$ teaspoon minced)

Nutrition Facts

Serving Size $\frac{1}{2}$ cup (110.09g)
Servings Per Container 10

Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 4g	8%

*Percent Daily Values are based on a 2,000 calorie diet.



Dressing

- $\frac{1}{4}$ cup Italian dressing
- $\frac{1}{2}$ teaspoon chili powder
- 1 Tablespoon lemon or lime juice
- 1 Tablespoon chopped cilantro or 1 teaspoon dried cilantro (optional)
- $\frac{3}{4}$ teaspoon hot pepper sauce (optional)

Directions

1. Drain corn and beans and place in a large bowl.
2. Chop bell pepper, onion, garlic, and tomato, and add to the bean and corn mixture.
3. Mix dressing ingredients. Pour dressing over the salad.
4. Cover the bowl. Refrigerate for at least 6 hours, or overnight.



Add Veggies:

- Add Vegetable Mix, extra zucchini or avocado.