

Greens and Beans Salad

Yield: 2 Servings



Ingredients

- 1 Tbsp fresh minced cilantro
- ½ Tbsp chopped fresh parsley
- Salt and pepper to taste
- One-half 15-ounce can no salt black beans, rinsed and drained
- 1 ear of corn (taken from cob)
- 1 Tbsp red onion
- ½ Tbsp chopped, seeded jalapeno pepper
- 2 cups salad greens

Directions

1. Combine first four ingredients in a bowl with a whisk.
2. Add beans, tomato, corn, onion and jalapeno pepper; toss well.
3. Cover and chill for 2 hours.
4. Serve over salad greens.

Nutrients (approximately)

216 Calories per serving,
Fat 1g, Cholesterol 0mg, Sodium 13mg,
Carbohydrates 43g, Fiber 12g, Sugars 2g, Protein 12g

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