

SUMMER CORN AND BLACK BEAN SALAD

Affordable, high fiber, and almost no cooking!

Serves: 4

INGREDIENTS

- 1 can of corn
- 1 can black beans, drained and rinsed
- 1 bell pepper, diced
- 1 tomato, diced
- ¼ cup red onion, diced
- Juice of 1 lime
- 1 tbsp olive oil

DIRECTIONS

1. Combine corn, beans, pepper, and onion.
2. Add olive oil and lime juice.
3. Toss, season to taste with salt and pepper, and serve chilled.

tradeUp tip

Trade up from chips and dip with a fiber-packed side that helps keep you full.



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