

Black Bean Salad

2 (15 ounce) cans black beans
– rinsed and drained
1 (2 1/4 ounce) can sliced ripe
olives – drained
1 1/2 cups chopped seeded tomatoes
(about 2 medium)
1/3 cup shredded cheddar cheese
1/4 cup chopped green onions
(2 to 3 medium)
1/4 cup chopped fresh cilantro
2 tablespoons lime juice
1 teaspoon ground cumin
1/4 teaspoon pepper
4 cups chopped salad greens
(about 6 ounces)

Mix beans, olives, tomatoes, cheese, green onions and cilantro. Mix lime juice, cumin and pepper; toss with bean mixture. Serve on chopped salad greens.
Makes 4 servings.

Nutrition information per serving: 256 calories; 16 grams protein; 4 grams fat; 37 grams carbohydrate; 816 mg sodium.