



South of the Border Bean Salad

- 1 cup cherry tomatoes, halved
- 1 teaspoon salt, divided
- 3 ears corn, shucked
- 1 medium white onion, cut into 1/4-inch-thick slices
- 1 jalapeño pepper
- 1 tablespoon olive oil
- Cooking spray
- 1/3 cup chopped fresh cilantro
- 1/3 cup fresh lime juice
- 1 (15-ounce) can organic pinto beans, rinsed and drained
- 1 (15-ounce) can organic black beans, rinsed and drained
- 1 (15-ounce) can organic kidney beans, rinsed and drained
- 2 ripe avocados, peeled and diced

Preheat the grill to medium-high heat. Place the tomatoes in a large bowl, and sprinkle with 1/2 teaspoon salt. Let stand 10 minutes.

Brush corn, onion, and jalapeño evenly with oil. Place vegetables on grill rack coated with cooking spray. Grill corn for 6 minutes, turn and continue cooking for 6 more minutes until lightly charred. Grill onion slices and jalapeño 4 minutes, turn and cook 4 more minutes until lightly charred, turning after 4 minutes. Let vegetables cool for 5 minutes. Cut kernels from cobs. Coarsely chop onion. Finely chop jalapeño, discarding the stem. Add corn, onion, and jalapeño to tomato mixture and toss well.

Add remaining 1/2 teaspoon salt, cilantro, lime juice and beans to the corn mixture and toss well. Top with avocado. Makes 12 servings.

Nutrition information per serving: 141 calories, 5 grams protein, 6 grams fat, 18 grams carbohydrate, 211 mg sodium.

Note: organic canned beans are used because they don't have the added salt that most other canned beans have.



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