

## **Southwest Bean Salad**

2 cups frozen corn kernels, thawed  
2 cups less-sodium black beans  
2 cups grape tomatoes, halved  
Jalapeno pepper, finely chopped  
1/4 cup finely chopped cilantro  
1 tbsp olive oil  
Juice of 1 large lime  
1 tsp cumin

Combine corn, black beans, tomatoes, jalapeno pepper and cilantro in a medium bowl. Whisk oil, lime juice and cumin together. Drizzle over salad and toss until coated. Makes 6 servings.

Nutrition information per serving: 141 calories, 5 grams protein, 3 grams fat, 23 grams carbohydrate, 157 mg sodium.