

Mexican Corn and Bean Salad

Ingredients

1 (15 ½ oz) can whole kernel corn, drained (or rinsed to decrease sodium)
1 (15 oz) can red kidney beans or black beans, drained (or rinsed to decrease sodium)
16 oz (2 cups) shredded lettuce
2 oz (¼ cup) mayo
2 oz (¼ cup) minced green onions
1 oz (2 Tbsp) chili sauce
2 tsp cider or red wine vinegar
½ tsp chili powder

Optional: 1 (7 oz) can drained or rinsed black olives

Instructions

Combine corn, beans, (olives), and lettuce in a serving bowl.
Stir together mayo, onions, chili sauce, vinegar and chili powder.
Add to lettuce mixture and serve. Makes about 6 (1 cup servings)

Can also add low fat shredded cheese to make it heartier.

Serving size 8 oz (1 cup)

Nutrition Analysis: per cup not counting olives or cheese.

Calories: 154

Protein: 5 g

Fat: 6.7 g (or less depending on the mayo)

Carbs: 21 g

Fiber: 5 g (lots of soluble fiber!)

Sodium will vary depending on rinsing.

Exchange system: Count as 1 starch, 1 protein, 1 fat

Slightly adapted from a recipe found in the newspaper the first week of May.

(thanks mom!)

