



RUSH HOUR RECIPES

Black Bean and Corn Salad

Ingredients (Serves 6. Prep time: 30 minutes.)

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| 1 15-ounce can black beans, rinsed and drained | 2 teaspoons chili powder |
| 1 cup corn kernels, fresh or frozen (thawed) | 2 teaspoons ground cumin |
| 1 large tomato, seeded and diced | 2 teaspoons Dijon mustard |
| 1 medium green pepper, diced | ¼ cup fresh lime juice (about 2 limes) |
| 1 bunch green onions, diced | ¼ cup olive oil |
| 1 tablespoon jalapeno pepper, finely chopped | Salt and pepper to taste |
| 2 cloves garlic, minced | 8 ounces feta cheese, crumbled |

Preparation

In a small mixing bowl, whisk together the garlic, chili powder, cumin, lime juice, Dijon mustard and olive oil to make the dressing.

In a large mixing bowl, combine the beans, corn, tomato, green pepper, green onions, and jalapeno pepper. Add the dressing, mix well and season with salt and pepper. Top salad with crumbled feta cheese.

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Ingredient checklist

PRODUCE

- Corn (if using fresh)
- Tomato
- Green pepper
- Green onions
- Jalapeno
- Garlic
- Limes

GROCERY

- Black beans
- Olive oil
- Dijon mustard

FROZEN/REFRIGERATED

- Corn (if using frozen)
- Feta cheese

SPICES/SEASONINGS

- Chili powder
- Ground cumin
- Black pepper
- Sea salt

Serving suggestion

This Tex-Mex favorite is right at home served with grilled fish or burgers, or add diced cooked chicken to create a Santa Fe-style salad, served on a bed of greens, in a soft flour tortilla or atop a crisp tostada shell.

Nutritional information per serving

328 calories	30 g carbohydrate
18 g fat	9 g fiber
34 mg cholesterol	14 g protein
466 mg sodium	

The nutritional values and information provided are approximations.

