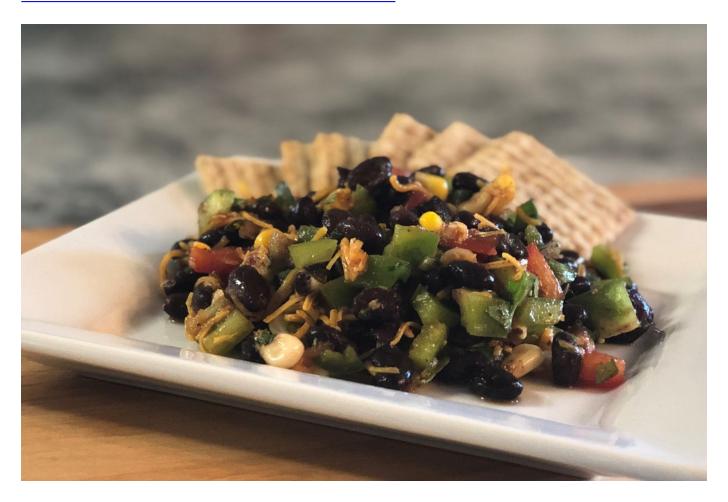
### Marinated black bean salad



## **About this recipe**

Serves

12

## **Ingredients**

- 2 tablespoons lime juice
- 3/4 teaspoon cumin
- 1 1/2 Tablespoon fresh garlic
- 1/2 Tablespoon chili powder
- \*1/2 cup cilantro
- 1 Tablespoon olive oil

- 1/4 cup honey
- 2 Tablespoons apple cider vinegar
- 2 15 oz cans black beans
- 1/2 cup frozen corn, thawed
- 3/4 cup green peppers, diced
- 1/2 cup red peppers, diced
- 3/4 cup salsa
- 1/2 tablespoon onions, diced
- \*2 Tablespoons Jalapeño, diced, seeded
- 1 cup cheddar cheese, shredded
- \*For a milder salad, use less cilantro and omit jalapeños.

### **Directions**

- 1. Dressing: Combine lime juice, cumin, garlic, chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.
- 2. Combine black beans, corn, green peppers, red peppers, salsa, and onions in a large bowl.
- 3. Pour dressing over bean mixture. Stir well.
- 4. Top with cheddar cheese.

#### **CACFP Crediting Information< Serving size 1/2 cup**

Legume as meat alternate: 1 oz equivalent meat alternate and 1/4 cup vegetable

**OR** 

Legume as vegetable: .25 oz equivalent meat alternate and 3/8 cup vegetable

### Tips and variations

- Serve with baked tortilla chips or whole wheat crackers.
- Cheese may be omitted.

#### **Nutritional info**

Calories 136

Total fat

3 g

Saturated fat

1 g

Cholesterol

5 mg

Sodium

198 mg

Total carbohydrates

21 g

Dietary fiber

3 g

Protein

6 g

Total sugar

7 g

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