

# Quick Black Bean Salad

Makes: 6 Servings

## Ingredients

1 can black beans (15 ounces)

1 1/2 10-ounce packages frozen corn

1/2 cup salsa

## Directions

1. Leave frozen corn in the fridge overnight to defrost. If you forget to do this ahead of time, defrost it in the microwaves.
2. Drain and rinse the black beans.
3. Combine all ingredients together and serve as a side dish.

**Source:** Iowa Department of Public Health. Iowa Nutrition Network

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>145</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>282 mg</b>
<b>Total Carbohydrate</b>	<b>30 g</b>
Dietary Fiber	6 g
Total Sugars	3 g
Added Sugars included	0 g
<b>Protein</b>	<b>7 g</b>
Vitamin D	0 IU
Calcium	36 mg
Iron	1 mg
Potassium	494 mg
N/A - data is not available	
<b>MyPlate Food Groups</b>	
 Vegetables	1 cup