



Black Bean and Corn Salad

Ingredients:

1 cup corn, whole kernel
2 cans (16oz each) black beans, rinsed and drained
¼ cup chopped fresh parsley
2 Tbps. minced red onion
¼ cup balsamic vinegar
2 Tbps. olive oil
1 tsp. lemon juice
1 tsp. minced garlic
1 tsp. brown sugar or honey
Dash salt
¼ tsp ground black pepper

Nutritional Information:

- Servings: 6
- Servings size: 1/2 cup
- Calories: 160 kcal
- Fat: 5 g
- Carbohydrates: 23 g
- Sugar: 3 g
- Protein: 6 g
- Cholesterol: 0 mg
- Potassium: 306 mg
- Sodium: 40 mg
- Fiber: 6 g

Instructions:

1. Mix fresh corn, black beans, red onion and fresh parsley together in a large mixing bowl.
2. Whisk together balsamic vinegar, olive oil, lemon juice, garlic, honey, salt and pepper.
3. Pour over black beans and corn mixture.
4. Let the salad marinade for 30 minutes before serving.