

Bean, Corn & Avocado Salad



Ingredients

1 can black beans, rinsed and drained 4 Tbsp cilantro, finely chopped
1 can yellow sweet corn, drained
1 medium red ripe tomato, chopped
1/2 cup onions, chopped
1 avocado, diced
4 Tbsp lime juice
1 tsp olive oil

Instructions

Combine ingredients. Add salt and pepper to taste.

Nutrition Information Per Serving

Serves 6

Calories: 183.5

Fat: 6.6 gm

Sodium: 79.3 mg

Fiber: 9 gm

Carbohydrates: 27.1 gm

Protein: 7.5 gm