

# Black Bean Salad



## Ingredients

1 yellow bell pepper, chopped	1 pint grape tomatoes, quartered
1 orange bell pepper, chopped	1 cup frozen corn
1 jar roasted red bell peppers, (12-16 oz drained and chopped)	3 Tbsp fresh parsley, chopped
1/4 cup red onion, chopped	1 clove garlic, minced
1 can black beans (15 oz) drained and rinsed	1 Tbsp fresh basil, chopped
	1 Tbsp honey
	5 Tbsp balsamic vinegar

## Instructions

In a large bowl combine peppers, onion, beans, tomatoes and corn. Combine remaining ingredients in a separate bowl and whisk until incorporated. Pour over vegetables and toss.

Refrigerate for 1 hour or more to allow flavors to blend.

## Nutrition Information Per Serving

Serving Size: 1/2 cup

12 servings

Calories: 60

Fat: 0 gm

Sodium: 180 mg

Fiber: 3 gm

Carbohydrates: 13 gm

Protein: 3 gm

Sugars: 4 gm