

Black Bean Salad



Ingredients

1/2 yellow bell pepper, chopped
1/2 orange bell pepper, chopped
1 jar roasted red bell peppers,
(6-8 oz drained and chopped)
1/8 cup red onion, chopped
1/2 can black beans (15 oz) drained
and rinsed

1/2 pint grape tomatoes, quartered
1/2 cup frozen corn
1 1/2 Tbsp fresh parsley, chopped
1 clove garlic, minced
1 1/2 tsp fresh basil, chopped
1 1/2 tsp honey
2 1/2 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

6 servings

Calories: 60

Fat: 0 gm

Sodium: 180 mg

Fiber: 3 gm

Carbohydrates: 13 gm

Protein: 3 gm

Sugars: 4 gm