



## Black Bean Salad

Serves: 12- ½ c servings

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

### Directions:

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.

### Nutritional Information:

Calories: 60; Carbohydrates 13g; Fiber: 3g; Sugars: 4g; Protein: 3g; Fat: 0g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 180mg