

# Healthy Black Bean Salad

Serves 9 (3/4 cup)

## Ingredients (serves 9)

- 2 cans black beans (or any kind you like. I used 1 can black, 1 can kidney)
- 1 can corn
- 1 cup chopped red onion
- ½ cup chopped Italian parsley
- 2 Tablespoons Lemon Juice
- 1 red bell pepper, chopped (use can use any color you like)
- ¼ cup white wine vinegar
- ½ cup olive oil

## Instructions

1. Mix all together. Refrigerate. This can be eaten immediately, but it is best the next day and beyond. Should keep for a week in the fridge.

## Nutrition Info (3/4 cup)

Calories – 227

Carbs – 22g

Fat – 13g

Protein – 7g

Potassium – 447mg

Sugars – 4g

Fiber – 5g

Sodium – 418mg

Cholesterol – 0mg

Calcium – 3%

Vitamin C – 66%

Vitamin A – 18%

Iron – 11%