



Black Bean and Corn Salad

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
5 ½ cups (45 oz)	black beans, cooked OR canned, drained and rinsed	1.35 L
4 cups	frozen corn, thawed	1 L
1 ½ cup	green pepper, chopped	375 mL
1 ½ cup	red pepper, chopped	375 mL
1 ½ cup	red onion, slivered	375 mL
¾ cup	fresh parsley or cilantro, minced	175 mL
¾ cup	oil	175 mL
6 tbsp	vinegar	90 mL
¾ tsp	cumin, ground	3 mL
1 tsp	salt	5 mL
½ tsp	pepper	2 mL

Note: Nutrition Information is on page 2.

Instructions

1. Combine black beans, corn, green pepper, red pepper, red onion, and fresh parsley or cilantro into a large bowl; toss to mix. Set aside.
2. Combine oil, red wine vinegar, ground cumin, as well as salt and pepper in smaller bowl; shake well. Mix into vegetables.
3. Cover and refrigerate final salad mixture for 1 hour to blend flavours.

Permission to reproduce this recipe, which originally appeared in "Pam Cooks: Favourite Recipes from the Trillium Cooking School." 2000, was given by Pam Collacott.

Nutrition Information

Serving 56 g

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Calories 70

Fat 3.5 g

Saturated 0 g

+ Trans 0 g

Sodium: 50 mg

Carbohydrates: 9 g

Fibre 2 g

Sugars 0 g

Protein 2 g

Calcium 0 mg

Iron 0.5 mg

Food Guide Servings $\frac{1}{3}$ Vegetable & Fruit $\frac{1}{4}$ Meat & Alternative