



Spicy Black Bean, Corn and Chicken Salad

1-dish meal that is perfect for lunch or dinner the next day.

1 large can	No salt added corn, drained (about 1 ½ cups)
1 large can	Black beans drained and rinsed
4	Scallions (green onions) thinly sliced (about ½ cup)
2	Red peppers cored, seeded and diced (about 1 cup)
¾ pound	Cooked skinless, white-meat chicken, cut into bite sized pieces (about 3 cups)
4 Tbsp.	Lime juice
3 Tbsp.	Olive oil
1 tsp.	Ground cumin, or more to taste

Makes 8 servings

In a large bowl, combine the corn, black beans, scallions, bell pepper, chicken, lime juice, olive oil cumin and pepper. Stir well. Cover and refrigerate for 30 minutes or up to 1 day ahead. Before serving, stir well.

Serving suggestion: baked tortilla chips and diced avocado.

Recipe adapted from Washington Post, Lean Plate Club

Nutrition information:

Calories: 333	Total Fat: 9g
Saturated Fat: 2g	Carbohydrates: 30g
Dietary Fiber: 7g	Protein: 29g