Black Bean Salad with Pineapple

Yield: 6 servings  
Total Time: 10 minutes

Ingredients
3 scallions, chopped  
1 medium red bell pepper, seeded and diced  
¼ cup cilantro, chopped  
1 cup no-salt-added canned corn, drained  
1 20-ounce can pineapple chunks in juice, drained  
1 15.5-ounce can low sodium black beans, rinsed  
1 Tbsp canola oil  
1 Tbsp lime juice, fresh or bottled  
1 Tbsp ground cumin

Preparation Instructions
Combine all ingredients in a bowl. Enjoy at room temperature or refrigerate before eating.

Nutrition Analysis
Per serving: 170 calories; 3g fat (0g saturated, 0g trans); 0mg cholesterol;  
80mg sodium; 31g carbohydrate (7g fiber, 15g sugar); 6g protein.  
Vitamin A 4%, Vitamin C 45%, Calcium 6%, Iron 10% Daily Value.

Cost
Per serving: $1.16  
Total ingredient cost: $15.52