Southwestern Corn & Black Bean Salad

Yield: 2 servings, 2 cups per serving
Total Time: 25 minutes

Ingredients
1 cup red cabbage, chopped
1 medium tomato, chopped
¼ cup red onion, chopped
1 15-oz can unsalted corn or 1¾ cups frozen corn kernels, thawed
1 15.5-oz can low sodium black beans, rinsed and drained
3 Tbsp unsalted sunflower seeds, preferably roasted

For the dressing:
2 Tbsp lime juice or juice of 1 lime
1 Tbsp canola oil or olive oil
2 Tbsp fresh cilantro, chopped (or to taste)
¼ teaspoon salt*
Black pepper to taste

Preparation Instructions
1. Chop cabbage, tomato, and red onion and place in large bowl. Add corn, black beans, and sunflower seeds.
2. In a liquid measuring cup or small bowl, whisk dressing ingredients. Add to the vegetable mixture in large bowl. Toss to coat. Refrigerate until ready to serve.

Nutrition Analysis
Per serving: 470 calories; 15g fat (2g saturated, 0g trans); 0mg cholesterol; 550mg sodium*;
73g carbohydrate (21g dietary fiber, 12g sugar); 16g protein. Vitamin A 25%, Vitamin C 70%, Calcium 10%, Iron 30% Daily Values.

* The salt in this recipe contributes 300 mg of sodium per serving. Omit the added salt if you need to decrease sodium in foods.

Cost
Per serving: $1.68
Total ingredient cost: $18.22