

CORN, BLACK BEAN, AND AVOCADO SALAD

Ingredients:

- 1 Avocado
- 2 Tbsp EVOO
- 1 Can black beans (15.5 Oz.)
- 1 Small can corn (8.75 Oz.)
- ¼ Red onion
- 10-15 Grape tomatoes
- 2 Tsp dried cilantro
- Salt and pepper

Supplies:

- Strainer
- Large bowl

Directions:

1. Drain and rinse beans using a strainer.
2. Drain corn.
3. Peel, core, and dice avocado.
4. Mince onion.
5. Rinse and quarter grape tomatoes.
6. Add all ingredients to large bowl and mix.

Nutritional Information:

Serves: 4

Calories per Serving: 260

Fat per Serving: 16g

Carbs per Serving: 30g