

# CRUNCHY CORN AND NORTHERN BEAN SALAD\*

*Yield: 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Great northern beans, 15 oz. can	1 ea.
Corn, cut from cob	2 ea. or 1 package frozen
Red pepper, diced small	1 ea.
Celery stalks, diced small	2 ea.
Red or white onion, diced small	1 ea.
Balsamic vinegar	¼ cup
Olive oil	¼ cup
Salt	to taste
Black pepper, ground	to taste
Cilantro, diced	¼ cup

## **Method**

1. Rinse and drain beans.
2. Combine all ingredients and season with salt and pepper to taste.

## Variation:

Beans: black beans, cannellini beans

Veggies: cherry tomatoes, diced carrot, cucumber, green or hot peppers, grilled corn

Vinegar: white wine vinegar, lemon juice

Seasoning: Chopped garlic or other fresh or garlic herbs like parsley, oregano, chives

## **Nutrition Information (per portion/serving)**

Calories: 175 / Protein: 5 g / Carbohydrate: 23 g / Fiber: 5.5 g / Carbohydrate to Fiber ratio: 4

Saturated fat: 1 g / Polyunsaturated fat: .5 g / Monounsaturated fat: 5.5 g

Trans fat: 0 g / Sodium: 180 mg / Potassium: 270 mg / Added sugar: 0 g

*\*This recipe meets all HKHL Recipe Nutrition Goals for a side dish.*

Source: Auden McClure, as presented at the 2020 Healthy Kitchens Healthy Lives conference.  
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