



Corn, Tomato & Beans Salad



Makes 4 servings

Ingredients:

- 2 Cups fresh corn or frozen
- 1-15 oz. can of beans rinsed and drained pinto
- 1 Cup diced tomato
- 1/4 Cup chopped onion diced
- 1/4 Cup sliced basil
- 2 Tsp chopped fresh parsley
- 2 Tsp fresh lemon juice
- 2 Cloves garlic, minced
- 2 Tsp olive oil.

Preparation:

In a large bowl combine corn, tomatoes, beans, onions and basil. In a small bowl combine oil, lemon juice, parsley and garlic. Add it to corn and other ingredients.

Nutrition information per serving:

*Calories 260, Fat 8 gm,
Saturated Fat 0 gm,
Cholesterol 0 mg,
77mg Sodium.*

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
Rev. 01/2010



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