



Spinach & Cilantro Salad



Make 8 servings

Ingredients:

- 1 bunch or 16 oz bag spinach or one bunch spinach washed
- 1-15 oz. can black beans
- 1-15 oz. can or 2 cups fresh corn
- 4 med. tomatoes, chopped
- 1/2 cup red onion, thinly sliced
- 1 cup cilantro
- 1 fresh lemon
- 1 fresh lime
- 1 tbsp. olive or vegetable oil
- 1 cup. cotija cheese, crumbled or low fat jack cheese grated.

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

Preparation: Rinse black beans and corn. Place all vegetables in the bowl. Squeeze the juice of the lemon and lime and drizzle with oil. Toss salad until the vegetables are well coated. Sprinkle cheese and serve.

Nutritional information per serving:

*Calories 123, Protein, 7 gm,
Fat 3 gm, Saturated Fat 1 gm,
Cholesterol 0 mg,
Carbohydrates 18 gm,
Fiber 6.5 gm,
Sodium 43 gm.*

Rev.01/2010



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