

COLORFUL CORN AND BEAN SALAD

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (serving= 1/2 cup)

Nutrition (per serving)

Calories: 114

Total Fat: 5.5 g

Saturated Fat: 2 g

Sodium: 103 mg

Total Carbohydrate: 13 g

Dietary Fiber: 4 g

Protein: 4.5 g



Ingredients

Salad

- 2 cups fresh green beans, cut into 1" pieces
- 2 cups cooked corn
- 2 cups cooked edamame
- 1 avocado, peeled, seeded and diced

Dressing

- ¼ cup balsamic vinegar
- 2 Tablespoons extra virgin olive oil
- 1 teaspoon sugar

- 1 medium diced bell pepper
- 1 cup quartered cherry tomatoes
- ½ cup minced green onion
- ½ cup chopped fresh basil leaves

- ½ teaspoon salt
- ½ teaspoon ground black pepper



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Directions

1. Fill medium sauce pan about half full with water and bring to a boil. Add green beans and continue to boil for 3-5 minutes. Drain and set aside.
2. In a large bowl, combine salad ingredients.
3. In a small bowl, whisk together dressing ingredients.
4. Add dressing to salad and toss to coat. Allowing salad to marinate in fridge for about an hour will allow flavors to develop.