



## Southwestern Corn and Black Bean Salad

### Ingredients:

1 package frozen corn  
1/3 cup pine nuts  
1/4 cup lime juice  
2 tbs extra-virgin olive oil  
1/4 cup chopped fresh cilantro  
1/2 tsp salt  
2 15-ounce cans black beans, rinsed  
Large tomato diced  
1/2 cup minced red onion  
4 cups shredded red cabbage

### Nutritional Information:

- Servings: 12
- Servings size: 1 cup
- Calories: 90 kcal
- Carbohydrates: 10 g
- Sugar: 2 g
- Protein: 3 g
- Total Fat: 5 g
- Saturated Fat: <1 g
- Fiber: 2 g
- Sodium: 87 mg
- Cholesterol: 0 mg

### Instructions:

Microwave corn for approximately 3 minutes; let cool. Meanwhile, place pine nuts in a small dry skillet over medium-low heat and cook, stirring until fragrant and lightly browned, 2-4 minutes. Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve. Make ahead tip: Cover and refrigerate up to 3 day.