

Red Bean Salsa Salad



Preparation:

In medium bowl, combine all ingredients and mix well. Cover and refrigerate at least one hour to blend flavors. If desired, garnish with lime slices.

Yield: 6 servings

Ingredients:

- 1 - 15.5 ounce can red beans, rinsed and drained
- ¼ cup chopped green onions
- 1 large tomato
- 1 serrano pepper, seeded and chopped
- 1 tablespoon chopped fresh cilantro or parsley
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt
- ¼ teaspoon coarsely ground black pepper
- Lime slices (optional)

Nutritional Data Per Serving (1/2 cup):

Calories: 60

Fat: 1 gram (15% of calories)

Cholesterol: 0 milligrams

Sodium: 210 milligrams

Protein: 9g

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