

Here's what's cookin': BLACK BEAN SALAD 87 Calorie

Recipe from: Martha Juslin Serves: 9 1/2 cups

1/4 CUP RED WINE VINEGAR

2 TBSP OLIVE OIL

1 TSP LEMON JUICE

1 CLOVE GARLIC, MINCED

2 TSP SUGAR

1 15oz CAN BLACK BEANS, DRAINED & RINSED

1 CUP WHITE CORN NIBLETS

1 CUP CHOPPED RED BELL PEPPER

1/4 CUP CHOPPED PARSLEY

1) Combine & whisk dressing

2) Combine rest & toss w/ dressing

