

HEARTY VEGETABLE SALAD

Makes 8 servings

Serving Size: 1/2 cup



Ingredients

- 1 (15-ounce) can baby green lima beans, drained
- 1 (15-ounce) can whole kernel corn, drained
- 1 medium tomato, chopped
- 1/4 cup chopped onion
- 1/3 cup Italian dressing, fat-free
- black pepper to taste

Directions

1. Heat lima beans and corn in microwave.
2. In large bowl, combine lima beans, corn, tomatoes and onions.
3. Pour Italian dressing over vegetable mixture and toss. Add black pepper to taste.
4. Serve immediately or chilled.

Nutrition information Per Serving

140 calories		Total Carbohydrate	28 g
Total Fat	1 g	Dietary Fiber	6 g
Saturated Fat	0 g	Sodium	410 mg
Protein	6 g		

 Good Source of Iron



Eat Smart

