



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Black Bean and Corn Salad

Ingredients

- 1 can black beans, drained and rinsed
- 1 can sweet corn, drained and rinsed
- ½ cup chopped onion
- 1 cup chopped roma tomato
- ¼ cup chopped fresh cilantro

Directions

1. Mix all ingredients together.
2. Can be made ahead and kept refrigerated.

Nutrition Information Makes 8 servings (1/2 cup)

Per serving:

- Calories: 80
- Fat: .5g
- Carbohydrate: 14g
- Protein 4g
- Fiber: 4g
- Sodium: 260mg



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Eat Smart