

## Marinated black bean salad



### About this recipe

Serves  
12

### Ingredients

- 2 tablespoons lime juice
- 3/4 teaspoon cumin
- 1 1/2 Tablespoon fresh garlic
- 1/2 Tablespoon chili powder
- \*1/2 cup cilantro
- 1 Tablespoon olive oil

- 1/4 cup honey
- 2 Tablespoons apple cider vinegar
- 2 - 15 oz cans black beans
- 1/2 cup frozen corn, thawed
- 3/4 cup green peppers, diced
- 1/2 cup red peppers, diced
- 3/4 cup salsa
- 1/2 tablespoon onions, diced
- \*2 Tablespoons Jalapeño, diced, seeded
- 1 cup cheddar cheese, shredded
- \*For a milder salad, use less cilantro and omit jalapeños.

## Directions

1. Dressing: Combine lime juice, cumin, garlic, chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.
2. Combine black beans, corn, green peppers, red peppers, salsa, and onions in a large bowl.
3. Pour dressing over bean mixture. Stir well.
4. Top with cheddar cheese.

**CACFP Crediting Information< Serving size 1/2 cup**

**Legume as meat alternate: 1 oz equivalent meat alternate and 1/4 cup vegetable**

**OR**

**Legume as vegetable: .25 oz equivalent meat alternate and 3/8 cup vegetable**

## Tips and variations

- Serve with baked tortilla chips or whole wheat crackers.
- Cheese may be omitted.

## Nutritional info

Calories

136

Total fat

3 g

Saturated fat

1 g

Cholesterol

5 mg

Sodium

198 mg

Total carbohydrates

21 g

Dietary fiber

3 g

Protein

6 g

Total sugar

7 g

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