

Roasted Corn, Black Bean and Mango Salad

A classic Mexican style salad that can be paired nicely to grilled foods such as salmon, halibut, chicken or pork. The browned corn gives the dish a nutty, caramelized flavour that contrasts with the sweetness of the mango. This is another bang-for-your-buck recipe from black beans and the salad only has 2g of fat!

Yields 8 servings (1 serving = 3/4 cup)

Ingredients

2 teaspoons canola oil
 1 clove garlic, minced
 1 1/2 cups corn kernels (3 ears)
 1 large ripe mango, peeled and diced
 1 15-ounce or 19-ounce can black beans, rinsed
 1/2 cup chopped red onion
 1/2 cup diced red bell pepper
 3 tablespoons lime juice
 1 small canned chipotle pepper in adobo sauce, drained and chopped
 1 1/2 tablespoons chopped fresh cilantro
 1/4 teaspoon ground cumin
 1/4 teaspoon salt

Preparation:

1. Heat oil in a large nonstick skillet over medium-high heat. Add garlic and cook, stirring, until fragrant, about 30 seconds. Stir in corn and cook, stirring occasionally, until browned, about 8 minutes.
2. Transfer the corn mixture to a large bowl. Stir in mango, beans, onion, bell pepper, lime juice, chipotle, cilantro, cumin and salt.

DID YOU KNOW? From just **1 cup** of black beans you get... **15g of fiber** (well over half of the Daily Value) and **15g of protein** (nearly one third of the Daily Value and equivalent to the amount in 2 oz of chicken, fish or salmon)!! That's a bang for your buck!



Nutritional Information (per serving)

Calories: 125	Total Fat: 2g
Sodium: 245mg	Carbs: 26g
Fiber: 4g	Protein: 4g

Source: www.eatingwell.com