



Spicy Corn and Bean Fiesta

Recipe Source: PEHP Test Kitchen Staff

Servings: 10

Ingredients:

1 6-ounce bag frozen corn kernels, thawed at room temperature
1 5-ounce can black beans, drained and rinsed
1 small red pepper, cored and diced
1 small green pepper, cored and diced
1 small red onion, diced
1 bunch cilantro, chopped
1 jalapeno pepper, cored and diced
Juice of 1 lime
2 teaspoons chili powder
2 teaspoons cumin
1 tablespoon sugar
¼ cup cider vinegar
½ cup vegetable or canola oil
1 teaspoon salt

Steps:

Combine all ingredients in a bowl. Toss well. Taste for seasoning. Chill 1 hour before serving. \

Nutritional Facts (Per Serving): Calories: 190, Carbohydrates: 19 grams, Protein: 4 grams, Total Fat: 12 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 383 mg, Fiber: 3 grams, Sugars: 3 grams.