



BLACK BEAN, CORN AND WATERMELON SALAD

SERVINGS: 50 CALORIES: 100 KCAL

This colorful and delicious Black Bean, Corn & Watermelon Salad credits as both fruit and vegetable, for the perfect addition to your menu. It's fruity and flavorful!

INGREDIENTS

- 45 ounces Black beans, low sodium, canned
- 2 pounds 5 ounces Corn, frozen, thawed
- 12 ounces Red onions, chopped
- 2 pounds 4 ounces Green bell peppers, chopped
- 8 pounds 4 ounces Seedless watermelon, chopped
- 4 cups Cilantro, roughly chopped

DRESSING

- 1 teaspoon Garlic, dry, granulated
- 4 tablespoons Cumin, ground
- 2 tablespoons Chili powder, mild
- ½ cup Lime juice, fresh
- 1 cup Oil, olive
- ½ teaspoon Salt

RECIPE NOTES

Crediting: One portion (3/4 cup) provides: 1/8 cup legume vegetable, 1/8 cup starchy vegetable, 1/8 cup other vegetables, ¼ cup fruit.

NUTRITION FACTS PER SERVING (0.75CUP)

Calories: 100 kcal | Fat: 5 g | Saturated fat: 0.5 g | Sodium: 65 mg | Carbohydrates: 12 g | Protein: 3 g | Vitamin A: 18 % | Vitamin C: 19 % | Calcium: 17 % | Iron: 1 %

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.