



Healthy Recipe



BLACK BEAN SALAD

4 cups	black beans, cooked and drained	1½ tsp	salt
4 cups	RI-grown corn, cooked, cut from cobs	1½ tsp	ground cumin
4-5	garlic cloves, minced	1 tsp	crushed red pepper flakes
1 cup	RI-grown red onion, diced	to taste	ground black pepper
2	RI-grown red bell peppers, diced	¾ cup	RI-grown fresh cilantro, minced
½ - ¾ cup	olive oil	¾ cup	RI-grown fresh parsley, minced
4	limes, juiced		

1. Combine the first five ingredients in a bowl.
2. Mix together the olive oil, lime juice, salt, cumin, crushed red pepper, and black pepper in a separate bowl to make dressing.
3. Toss dressing with the bean and corn mixture and let rest.
4. Just before serving, add the cilantro and parsley.
5. Serve with baked chips.

Nutritional Information

Per serving (16 ½-cup servings in recipe):

Calories:	160	Vitamin A:	10%
Cal from Fat:	60	Vitamin C:	45%
Total Fat:	7 g	Calcium:	2%
Saturated Fat:	1 g	Iron:	6%
Cholesterol:	0 mg		
Sodium:	170 mg		
Carbohydrates:	21 g		
Fiber:	5 g		
Sugar:	3 g	Percent Daily Values are based on a	
Protein:	5 g	2000 calorie-per-day diet	

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RI grown and raised foods

SUPPORTS

the local economy,

HELPS

to preserve open space

and **CONTRIBUTES**

to a
sustainable food system.

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