



Photo by: Photo: Kate Sears;  
Styling: Gerri Williams

## Black Bean, Corn and Shrimp Salad

Black Bean, Corn and Shrimp Salad is bursting with fresh and tasty flavors, while taking minimal time to prepare.

All You AUGUST 2012

Yield: Serves 4

Prep time: 20 Minutes

Bake: 15 Minutes

Cost Per Serving: \$3.48

**my**  
**recipes**

### Ingredients

8 6-inch corn tortillas, cut into wedges	1/2 teaspoon cumin
2 ears corn, shucked	1/4 cup olive oil
1 15-oz. can black beans, drained and rinsed	2 tablespoons lime juice
1 avocado, peeled, pitted, cut into 1/2-inch dice	3/4 pound cooked, peeled, deveined shrimp, chopped
1 cup cherry tomatoes, halved	Salt and pepper
2 scallions, white and light green parts, chopped	4 cups shredded romaine lettuce

### Preparation

1. Preheat oven to 400°F. Spread tortilla wedges on 1 or 2 large, ungreased baking sheets and bake until crisp, 10 to 15 minutes.
2. Cut kernels off ears of corn into a large bowl (you should have about 1 1/2 cups). Add beans, avocado, tomatoes, scallions, cumin, olive oil, lime juice and shrimp and toss gently to combine. Season with salt and pepper.
3. Arrange lettuce on a serving plate, spoon shrimp salad on top and serve with tortilla wedges.

### Nutritional Information

#### Amount per serving

Calories: 477   Fat: 23g   Saturated fat: 3g   Protein: 28g   Carbohydrate: 48g   Fiber: 13g   Cholesterol: 166mg  
Sodium: 918mg

[Search for Recipes by Nutrition Data](#)

Go to full version of

[Black Bean, Corn and Shrimp Salad recipe](#)