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Black Bean, Corn, and Shrimp Salad

Serve this spicy, shrimp salad with toasted pita wedges for a quick and easy weeknight meal.

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Yield: 4 servings (serving size: 1/3 cup shrimp and about 2/3 cup bean mixture)

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Ingredients

1 tablespoon chili powder	2 tablespoons fresh lime juice, divided
1/2 teaspoon garlic salt	1 1/2 cups frozen whole-kernel corn, thawed
1/2 teaspoon ground cumin	3/4 cup bottled salsa
1 1/2 pounds medium shrimp, peeled and deveined	1/4 cup chopped fresh cilantro
Cooking spray	1 (15-ounce) can black beans, rinsed and drained

Preparation

Heat a large nonstick skillet over medium-high heat.

Combine first 3 ingredients in a large bowl. Add shrimp; toss to coat.

Coat pan with cooking spray. Add shrimp; sauté 3 minutes or until done. Add 1 tablespoon lime juice. Remove shrimp from pan. Add corn to pan; sauté 1 minute. Stir in salsa, cilantro, and beans; cook 30 seconds or until thoroughly heated. Stir in 1 tablespoon lime juice. Serve shrimp over bean mixture.

Nutritional Information

Amount per serving

Calories: 354 Calories from fat: 12% Fat: 4.8g Saturated fat: 0.7g Monounsaturated fat: 0.7g
Polyunsaturated fat: 2.4g Protein: 43.3g Carbohydrate: 34.9g Fiber: 9.1g Cholesterol: 259mg Iron: 7.6mg
Sodium: 827mg Calcium: 148mg

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