

Southwestern Corn & Black Bean Salad

From EatingWell



Here's a great make-ahead dinner--and leftovers are welcome for lunch the next day. If you make it ahead, don't add the salt and pepper until just before serving. That way, the salt won't render the vegetables soggy and the pepper won't lose its bite. Make It a Meal: Scoop up this salad with warm corn tortillas.

Ingredients

Makes 4 Servings

- 3 large ears of corn, husked**
- 1/3 cup pine nuts**
- 1/4 cup lime juice**
- 2 tablespoons extra-virgin olive oil**
- 1/4 cup chopped fresh cilantro**

- 1/2 teaspoon salt**
- Freshly ground pepper to taste**
- 2 15-ounce cans black beans, rinsed**
- 2 cups shredded red cabbage**
- 1 large tomato, diced**
- 1/2 cup minced red onion**

Preparation

Active Time 25m Total Time 25m

- 1** Bring 1 inch of water to a boil in a Dutch oven. Add corn, cover and cook until just tender, about 3 minutes. When cool enough to handle, cut the kernels from the cobs using a sharp knife.
- 2** Meanwhile, place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
- 3** Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.

To Make Ahead

Cover and refrigerate for up to 1 day.

Tips

Tip: Convenient preshredded cabbage can be purchased, in bags, in the produce section of most supermarkets.

Nutrition Facts

Nutrients per 2 cups (*recipe makes 4 servings, 2 cups each*)

Calories	407
Total Fat	16g

Saturated Fat	2g
Monounsaturated Fat	8g
Cholesterol	0mg
Sodium	479mg
Carbohydrates	56g
Dietary Fiber	15g
Total Sugars	16g
Added Sugars	0g
Protein	16g
Potassium	1086mg

Carbohydrate Servings 3

Diabetic Exchanges 3 starch, 1 vegetable, 2 very lean meat, 2 fat

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IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENTRESTO?

ENTRESTO can harm or cause death to your unborn baby. Talk to your doctor about other ways to treat heart failure if you plan to become pregnant. If you get pregnant while taking ENTRESTO, tell your doctor right away.

INDICATION

What is ENTRESTO?

ENTRESTO is a prescription medicine used to reduce the risk of death and hospitalization in people with certain types of long-lasting (chronic) heart failure. ENTRESTO is usually used with other heart failure therapies, in place of an angiotensin-converting enzyme (ACE) inhibitor or other angiotensin II receptor blocker (ARB) therapy.

COLLAPSE