South of the Border Shrimp and 3-Bean Salad   
Serves 8

Ingredients:

• 1 1/2 lb cooked shrimp, peeled and deveined• 1 15-oz can black beans, rinsed and drained• 1 15-oz can kidney beans, rinsed and drained• 1 15-oz can pinto beans, rinsed and drained• 4 large tomatoes, seeded and chopped• 1 1/4 cup chopped red onion• 1 cup fresh cilantro (stems included), chopped• 1/2 cup store-bought salsa• 3 tbsp fresh lime juice• Zest of 1 lime• 1 tbsp extra virgin olive oil• 1 tbsp chili powder• 1 tbsp ground cumin

Instructions:

Combine all ingredients in bowl and stir well. Cover, chill then serve.

Nutritional Information per serving: Calories 236, Fat 3 g, Protein 24 g, Carbs 27 g