



Sweet Corn and Kidney Bean Salad

Serves 12 (about ½ cup each)

1 (16 oz.) bag frozen sweet corn, thawed

1 (15.5 oz.) can kidney beans, drained and rinsed

½ cup chopped red onion

½ cup chopped red bell pepper

¾ cup cider vinegar

¼ cup honey

2 Tbsp. chopped cilantro

½ tsp. minced garlic

½ tsp. salt

½ tsp. pepper

In a large bowl, combine first four ingredients. In a small bowl whisk together remaining ingredient; combine with corn mixture and stir until well blended. Chill at least two hours to allow flavors to blend.

Per ½-cup serving: 90 calories, .5 g fat, 3 g protein, 17 g carbohydrate, 3 g fiber, 290 mg sodium