

## *VA Share the Harvest* – Garden Vegetable Black Bean Salad

Makes 5 servings

- 2 large tomatoes, chopped
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup canned or fresh cooked corn
- 1 cup coarsely chopped zucchini
- ¼ cup green onions, sliced
- 3 Tablespoons chopped cilantro
- 1/3 cup fat-free Italian salad dressing
- 1 teaspoon ground cumin
- ¾ teaspoon chili powder, divided
- 2 cloves garlic, minced
- ¼ cup unsalted cocktail peanuts, chopped



In large bowl, combine tomatoes, beans, corn, zucchini, green onion and cilantro; set aside.

In a small bowl, whisk together salad dressing, cumin, ½ teaspoon chili powder and garlic. Stir into bean mixture, tossing to coat well. Refrigerate for at least 1 hour to blend flavors.

To serve, toss peanuts with remaining ¼ teaspoon chili powder. Sprinkle over salad and serve immediately.

### **Nutrition Information per serving**

145 Calories, 4 gm total fat, 1 gm saturated fat, 0 mg cholesterol, 364 mg sodium, 6 gm dietary fiber.