

Nutrition Education

Black beans are rich in antioxidants and an excellent source of folate and fiber. They are also a good source of manganese, protein, magnesium, thiamin (vitamin B1), phosphorus and iron. Canned black beans make it easy to throw together a nutritious meal in minutes.

Cowboy Salad

- 2 cans (15 ounces) **black beans**
- 1 can (15 ounces) **corn**
- 1 bunch **cilantro**, or to taste
- 1 bunch **green onions** (5 green onions)
- 3 medium **tomatoes**
- 1 **avocado**
- 1 Tablespoon **canola** or **vegetable oil**
- 2 Tablespoons **vinegar** or **lime juice**
- **salt** and **black pepper** to taste

Directions

1. Drain and rinse the black beans and corn.
2. Wash and finely chop the cilantro and green onions.
3. Wash and dice the avocados and tomatoes.
4. Combine all ingredients in a large bowl.
5. Mix oil, vinegar (or lime juice), and salt and pepper together in a small bowl.
6. Pour oil mixture over salad ingredients and toss lightly.



Recipe and picture courtesy of Oregon State University Extension