Wellness Corner

Fiesta Bowl Salad

Ingredients

1/4 C	black beans
1/4 C	cubed avocado
1/4 C	corn
1/4 C	cherry tomatoes
1/2 whole	lime, juiced
2 C	romaine lettuce

Instructions

Combine 1/4 C each canned black beans (rinsed and drained), chopped avocado, canned corn (drained) and chopped cherry tomatoes with the juice of 1/2 fresh lime and salt to taste. Serve on top of 2 cups romaine.

Calories: 183 Protein: 7 g Carbohydrates: 29 g Dietary Fiber: 8 g Fat: 6 g Sat fat: 1 g
Sodium: 246 mg Sugars: 7 g

Recipe and photo from: *www.fitnessmagazine.com/recipe/salads/fiesta-bowl-salad/*

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