

# Wellness Corner

# Summer Veggie Salad

- 5 ears corn, husked
- 1-15oz can black beans, rinsed and drained
- 2 avocados, diced
- 1 bunch fresh cilantro, roughly chopped
- 1 pint cherry tomatoes, halved
- 1/4 large red onion, thinly sliced
- 1 jalapeño pepper, seeded and chopped
- 1/4 C olive oil
- 2 limes, zested and juiced



## Instructions

1. Place corn into a large pot and cover with water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 5 minutes. Drain and cool corn. Cut kernels from cob.
2. Mix corn kernels, black beans, avocados, cilantro, tomatoes, onion and jalapeño pepper together in a bowl.
3. Whisk olive oil, lime zest and lime juice together in a bowl; pour over corn mixture and toss to coat. Refrigerate until chilled, about 1 hour.

Calories: 282 Protein: 8 g Carbohydrates: 34 g Dietary Fiber: 11 g Fat: 16 g  
Cholesterol: 0 mg Sodium: 228 mg

Recipe and photo from: <http://allrecipes.com/Recipe/Summer-Veggie-Salad/?mxt=t06dda>

Visit the Wellness Your Choice Milwaukee link on the DER website for an electronic copy.



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