

## Mexican Bean Salad



### Makes:

8 servings, about 1 cup each

### Utensil:

Saladmaster Food Processor

small mixing bowl

large mixing bowl

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### Contributed By:

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Authorized Saladmaster Dealer, [www.d-gusto.com](http://www.d-gusto.com)

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### Recipe Description:

Are you looking for a cold salad with a variety of ingredients? This vegetarian recipe combines bell peppers, tomatoes, corn and onions with two types of beans, giving it a delectable flavor while providing plenty of fiber. And in using the Saladmaster Machine, your preparation time is reduced!

Salad

1 ?2

cups  
cooked black beans  
(258  
g)  
 $1 \frac{1}{2}$

cups  
cooked white beans  
(268  
g)

1  
green bell pepper, processed, use Cone #3 or #4  
1

red bell pepper, processed, use Cone #3 or #4  
2

cups  
frozen corn  
(272  
g)

1  
firm tomato, diced, or processed, use Cone #3  
1

red onion, strung, use Cone #2

### **Dressing**

$\frac{1}{4}$   
cup  
extra virgin olive oil  
(60  
mL)  
 $\frac{1}{2}$

cup  
balsamic vinegar  
(120  
mL)

3  
tablespoons  
lemon juice  
(45  
mL)

2  
tablespoons  
sugar  
(25  
g)

1  
teaspoon  
salt  
(6  
g)  
 $\frac{1}{2}$

teaspoon

garlic powder

(1.5

g)

?<sub>2</sub>

tablespoon

cumin

(4

g)

?<sub>2</sub>

teaspoon

pepper

(1

g)

?<sub>3</sub>

cup

cilantro or parsley, finely chopped

(20

g)

### Directions:

1. In a large bowl, mix beans, bell peppers, corn, tomatoes and onions.

### Dressing

1. In a small bowl, combine olive oil, balsamic vinegar, lemon, sugar, salt, garlic, cumin, pepper and cilantro or parsley.
2. Pour vinaigrette over salad, mix well and cover with plastic wrap, if not serving immediately.
3. Refrigerate or serve at room temperature.

### Nutritional Information per Serving

**Calories:**

229

**Total Fat:**

8g

**Saturated Fat:**

1g

**Cholesterol:**

0mg

**Sodium:**

402mg

**Total Carbs:**

34g

**Dietary Fiber:**

7g

**Sugar:**

9g

**Protein:**

8g