

## Mexican Bean Salad



### Makes:

8 servings, about 1 cup each

### Utensil:

Saladmaster Food Processor

small mixing bowl

large mixing bowl

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### Recipe:

### Contributed By:

D'Gusto

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 ½ cups  
cooked black beans

(258

g)

1 ½ 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 (60 mL)  $\frac{1}{2}$   
oil 3  
cup balsamic (120 mL) 2  
vinegar 1  
tablespoons lemon juice (45 mL) tablespoons sugar (25 g)  $\frac{1}{2}$   
teaspoon salt (6 g) teaspoon garlic (1.5 g)  $\frac{1}{2}$   
powder  $\frac{1}{2}$   
tablespoon cumin (4 g) teaspoon pepper (1 g)  $\frac{1}{3}$   
cup cilantro or parsley, finely (20 g) chopped

### 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** 34g  
**Carbs:**  
**Dietary Fiber:** 7g  
**Sugar:** 9g  
**Protein:** 8g