



Butterbean, Corn and Tomato Salad

Ingredients:

15 ounces butter beans, drained and rinsed

- 15 ounces corn, drained and rinsed
- 1 tomato

1/2 onion

1/3 cup fat-free Italian salad dressing

Equipment:

Can opener Cutting board Knife Measuring cups Medium bowl

Number of Servings: 8 Prep Time: 10 minutes Total Time: 10 minutes For more recipes, please visit: www.fcs.ext.vt.edu/recipes



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Nutrition Facts

Serving Size: 1/2 cup			
Servings: 8			
Amount Per Serving			
Calories 17	1	Calories from	Fat 9
		%Daily V	alue*
Total Fat 1g			1%
Saturated Fat trace 1g			0%
Cholesterol Omg			0%
Sodium 177mg			7%
Total Carbohydrate 32g			11%
Dietary Fiber 12g			49%
Protein 11g			22%
Vitamin A	3%	Vitamin C	8%
Iron	18%	Calcium	5%
"Percent Dally Values are based on a 2,000 calorie diet.			

Directions

- 1. Open cans of butterbeans and corn. Pour into a colander, and rinse under running water to remove sodium. Allow to drain.
- 2. Wash tomato. Cut in half through the core. Use a paring knife to remove core. With flat side down, slice into strips keeping the tomato together. Turn ¹/₄ and slice again to dice.
- 3. Add corn and butterbeans to tomatoes in the bowl. Measure and pour dressing over vegetables and toss
- 4. Can serve hot or cold.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.





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