

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

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 ¼ 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.

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Nutrition Facts			
Serving Size: 1/2 cup			
Servings: 8			
Amount Per Serving		Calories from Fat 9	
Calories 171			
		%Daily Value*	
Total Fat	1g		1%
Saturated Fat	trace 1g		0%
Cholesterol	0mg		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 Daily Values are based on a 2,000 calorie diet.

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