

Nutrition Education

This easy summer salad is full of vitamin A, vitamin C and fiber and is bursting with freshness and color. For those hot summer days when you don't want to heat up the kitchen, this salad is a perfect choice. Try wrapping the salad inside a whole grain tortilla, combining it with dark leafy greens, dipping into it with baked tortilla chips or just eating it by itself straight up!

Black Bean, Sweet Corn & Mango Salad

Ingredients:

2 ears raw sweet corn, about 1 cup kernels

1 red or orange bell pepper, diced

1/2 red onion, minced

1 15-oz can black beans, drained and rinsed

1 large mango, ripe but firm, diced

juice of 1 large lime

1 tbsp. olive oil

1/2 tsp. cumin

Directions:

Using a knife, carefully cut the corn kernels off the cob. Place kernels in a large mixing bowl and add the diced bell pepper, red onion, mango and black beans. Toss to combine. Next add the lime juice, olive oil and cumin and gently stir until combined. Serve immediately or place in the fridge for up to two days before serving. Serves four. Recipe from Eat, Live Run blog at

<http://www.eatliverun.com/black-bean-sweet-corn-and-mango-salad/>



