

# Crunchy Mexicorn Salad

## Salad of the Month February - 2015



Say olé to fiber and flavor with pinto beans, corn and cucumbers.

**Prep Time:** 15 Min

**Start to Finish:** 15 Min

**Makes:** 6 servings

### INGREDIENTS

2 large cucumbers, peeled, seeded and cut into 1/2-inch cubes (3 cups)  
3 medium green onions, thinly sliced (3 tablespoons)  
1 can (15 oz.) pinto beans, drained, rinsed  
1 can (11 oz.) Whole Kernel Corn, Red and Green Peppers, drained  
1 can (3.8 oz.) sliced ripe olives, drained, rinsed  
1 1/2 cups Thick 'n Chunky salsa  
3 to 4 cups reduced-sodium corn chips  
Sour cream, if desired  
Additional green onions, thinly sliced, if desired

### DIRECTIONS

1. In large bowl, toss cucumbers, 3 green onions, beans, corn, olives and salsa.
2. Arrange about 1/2 to 2/3 cup corn chips on each individual serving plate. Top each with about 1 1/4 cups cucumber mixture. Top each salad with sour cream and additional sliced green onions. Serve immediately.

**Recipe Provides:** Grains 1oz-equivalents, Meat & Beans 1oz-equivalents, Vegetables 1c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Total Fat:</b>	7 g	<b>Saturated Fat:</b>	1/2 g
<b>Calories:</b>	280	<b>Calories from Fat:</b>	70	<b>Carbohydrates:</b>	45 g
<b>Cholesterol:</b>	0 mg	<b>Dietary Fiber:</b>	8 g	<b>Sodium:</b>	810 mg
<b>Sugars:</b>	7 g	<b>Protein:</b>	8 g		



Recipe adapted from [www.eatbetterearly.com](http://www.eatbetterearly.com)