



Western Vegetable Salad

Makes 10 servings | Grains • Protein

Ingredients

Salad

- 1 15-ounce can whole kernel corn, drained or 2 cups frozen corn
- 2 cups cooked or 1 15-ounce can beans, rinsed and drained
- 1 bell pepper, minced
- ¾ cup onion, minced
- 1 medium tomato, chopped
- 1 garlic clove, minced

Dressing

- ¼ cup Italian dressing
- ½ teaspoon chili powder
- 1 Tablespoon lemon or lime juice
- 1 Tablespoon chopped fresh cilantro or 1 teaspoon dried (optional)

Directions

1. Wash hands with warm, soapy water.
2. Place corn and beans in a large bowl.
3. Add bell pepper, onion, garlic, and tomato. Set aside.
4. Mix together dressing ingredients. Pour over salad.
5. Cover the bowl. Refrigerate at least 6 hours.



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