



Western Vegetable Salad

Makes 10 servings | Protein • Vegetables

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
- $\frac{3}{4}$ cup onion, minced
- 1 medium tomato, chopped
- 1 garlic clove, minced

Dressing

- $\frac{1}{4}$ cup Italian dressing
- $\frac{1}{2}$ 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 for 20 seconds.
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 before serving to allow flavors to mix.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyo.cnpp.org/wrir/>

1-877-219-4646 | <https://uwyo.cnpp.org/> | cnpp-info@uwyo.edu