

Southwestern Salad with Black Beans

submitted by mokia_sinhal



Per serving: 230 Calories • 46.6g Carbs (13g Fiber) • 1.3g Fat • 12.5g Protein

Ingredients

Ingredients scaled to: 2 salad

- 6 cup shredded **Lettuce** (168 grams)
- 1 cup kernels **Corn** (164 grams)
- 2 cloves, minced **Garlic** (6 grams)
- 2 tbsp **Fresh cilantro** (2 grams)
- 1 cup cherry tomatoes **Cherry tomatoes** (149 grams)
- 1 cup **Canned black beans** (260 grams)

Directions

Directions are based on the original recipe of 1 salad

1. Place greens in an individual salad bowl. Top the greens with black beans, corn, garlic, cilantro and tomatoes. Feel free to top with a dressing of your choice (be sure to add into your planner so the macros are included) and enjoy!