

Confetti Fiesta Salad

Ingredients:

14 oz canned black beans (Rinsed and drained)

14 oz canned kidney beans (Rinsed and drained)

14 oz canned pinto beans (Rinsed and drained)

1 medium green pepper - diced

1 cup frozen corn kernels - (just dump into the bowl frozen)

1 cup cooked brown rice - (let cool before adding)

1 medium onion - diced

3 medium tomato - diced

1/4 cup fresh cilantro - chopped

3 Tbsp olive oil

1/3 cup balsamic vinegar

+ salt and pepper to taste

Mix and serve. Serve as a side salad, or on a bed of lettuce for meal.

8 servings @ 4-Points, 5 points plus

