

Black Bean Salad

Ingredients:

- 1 can (15.5oz) low sodium black beans (drained and rinsed)
- 1 can (15.5oz) no-salt added white corn (drained and rinsed)
- 1 can (15.5oz) low sodium garbanzo beans (drained and rinsed)
- 1 large tomato, diced
- 1 English cucumber, diced
- ½ cup red onion, diced
- 1 tsp. minced garlic
- 2 tbsp. chopped cilantro
- 1 lime, squeezed
- 2 tbsp. white wine vinegar
- 3 tbsp. of avocado or olive oil

Directions:

1. Mix all together and enjoy!