

Corn and Bean Salad

Serves 4

2 ears corn or 2 cups frozen corn
¼ cup finely chopped onion
1 15-ounce can black beans, rinsed and drained or 1½ cups home cooked
1 jalapeno chile, chopped - seeds in if you like it hot, out if not
½ cup chopped red bell pepper
¼ cup chopped cilantro
1 tablespoon canola oil
2 tablespoons fresh lime juice
1 teaspoon mild chile powder
½ teaspoon ground cumin

1. Place the corn on the grill and roast, turning often, until golden brown on the outside, about 15 minutes. When it cools, cut the kernels off into a bowl. If you are using frozen corn, just thaw it, drain, and put into a bowl.
2. Add the onions, beans, jalapeno, red pepper, and cilantro.
3. Combine the oil, lime-juice, chile powder, and cumin in a smaller bowl. Pour over the corn and bean mixture and toss to mix. Let sit in the refrigerator for half an hour before serving.

Per Serving: 138 calories; 4 g fat; 26% calories from fat; 1 g saturated fat; 7% calories from saturated fat; 26 g carbohydrates; 208 mg sodium; 6 g dietary fiber

I don't have the analysis for the yogurt can't believe spread. Will get it for you when I get back and my computer gets back.

Hope this will hold you for now. Will check e-mails the next 2 weeks but won't have access to recipes.