



TEX-MEX MIXED BEAN SALAD IN LETTUCE CUPS

ingredients:

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| 15-ounce can no-salt-added kidney beans | 1 Tablespoon lemon juice |
| 15-ounce can no-salt-added black beans | 1 Tablespoon lime juice |
| 15-ounce can no-salt-added cannellini beans | 2 Tablespoons apple cider vinegar |
| 15-ounce can no-salt-added corn | 1 teaspoon granulated sugar |
| 1 cucumber, cut into 1/2-inch cubes | 1/2 teaspoon chili powder |
| 1 green bell pepper, chopped | 1 teaspoon cumin |
| 1 red bell pepper, chopped | 1/2 teaspoon salt |
| 1 medium red onion, diced | 1 Tablespoon chopped cilantro |
| 1-2 garlic cloves, minced | 2 Tablespoons extra virgin olive oil |
| | 2 heads lettuce (Bibb or Baby Romaine) |
| | 1 avocado, peeled, pitted, and diced |

directions:

1. Drain and rinse the kidney beans, black beans, cannellini beans and corn, and place in a large bowl. Add cucumber, red and green bell peppers, and onion. Stir gently with a wooden spoon to mix well.
2. In a small bowl, combine garlic, lemon juice, lime juice, apple cider vinegar, sugar, chili powder, cumin, salt, cilantro, and olive oil. Whisk all ingredients until blended.
3. Pour dressing over bean mixture and stir to coat the beans well. Refrigerate for 3 hours.
4. Wash the lettuce, carefully peel off the leaves into cups, pat dry and set aside. To serve, spoon 1 cup of bean salad into lettuce cups. Garnish with diced avocado.

Yield: 12 servings

Nutrition Information Per Serving:

176 Calories
6 grams Fat
0.5 gram Saturated Fat
0 mg Cholesterol
159 mg Sodium
25 grams Carbohydrates
8 grams Fiber
7 grams Protein

Food exchanges:
5 vegetable, 1 1/2 fat



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