



## CONFETTI SALAD WITH LIME-CILANTRO DRESSING

### ingredients:

1 large yellow bell pepper, diced	4 Tablespoons lime juice
1 large orange bell pepper, diced	1 Tablespoon lime zest
1 large red bell pepper, diced	1 1/2 Tablespoons honey
1/2 cup diced red onion	1/2 teaspoon salt
12 ounces frozen peas, thawed	1/4 teaspoon ground black pepper
12 ounces frozen corn, thawed	1/3 cup fresh cilantro, chopped
14.5-ounce can Great Northern beans, drained and rinsed	
1/4 cup olive oil	

### directions:

1. In a large bowl, toss together diced peppers, red onion, peas, corn and beans. Set aside.
2. In a small bowl, whisk together olive oil, lime juice, honey, salt, pepper and cilantro.
3. Pour over the vegetable mixture and stir well. Cover and refrigerate for 4 hours before serving.

Yield: 12 servings, about 2/3 cup each

### Nutrition Information Per Serving:

Calories: 171  
Fat: 5 grams  
Saturated fat: 0.5 grams  
Cholesterol: 0 mg  
Sodium: 102 mg  
Carbohydrates: 26 grams  
Fiber: 6 grams  
Protein: 6 grams

Food exchanges:  
2 vegetables, 1 starch, 1 fat

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