COLORFUL THREE BEAN SALAD

Serves 12

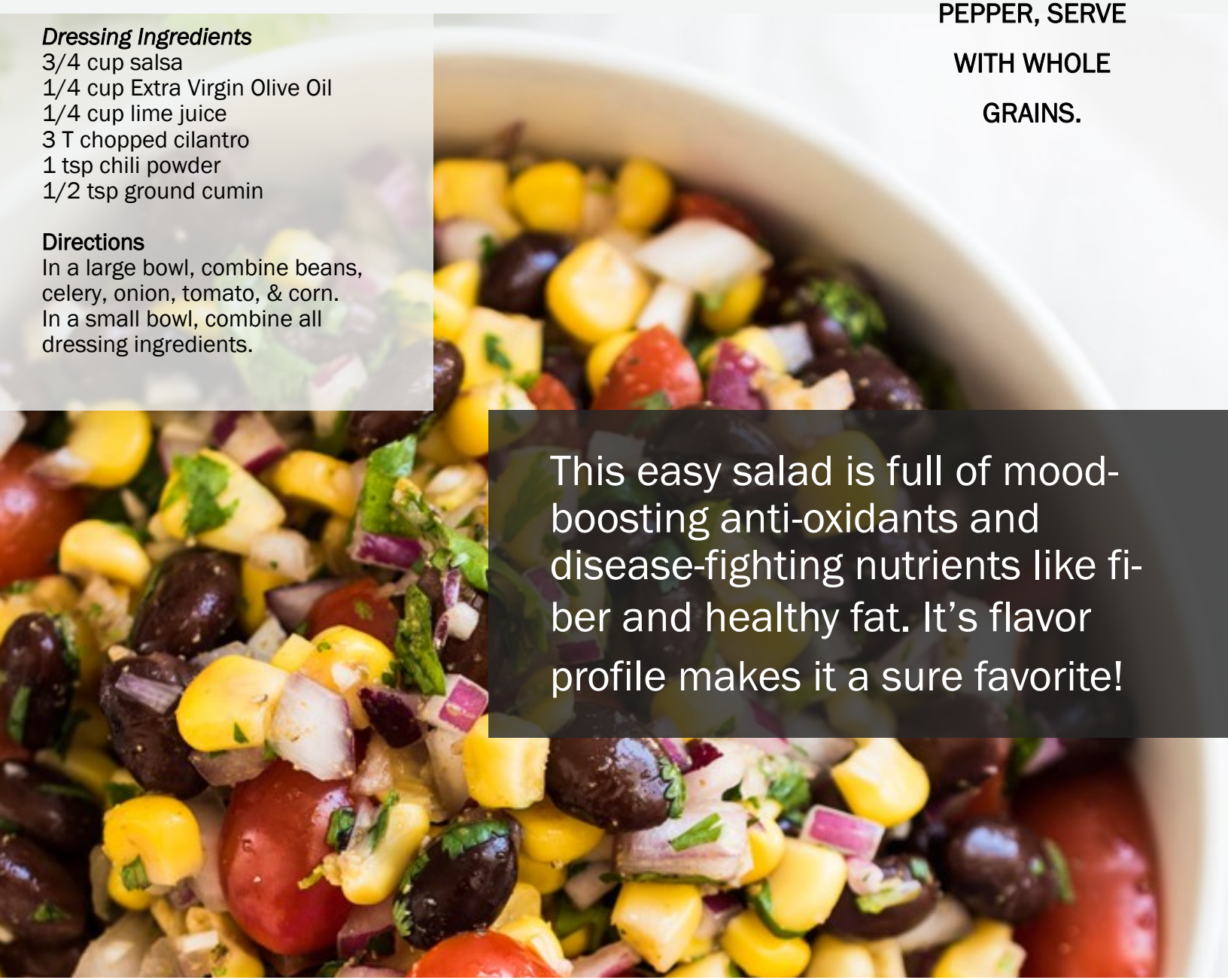
1 can (15oz) Dark red kidney beans, rinsed & drained
1/2 cup diced red onion
1 can (15oz) Northern beans, rinsed & drained
1 medium tomato
1 can (15oz) Pinto beans, rinsed & drained
1 cup sliced celery
1 cup frozen corn, thawed

Dressing Ingredients
3/4 cup salsa
1/4 cup Extra Virgin Olive Oil
1/4 cup lime juice
3 T chopped cilantro
1 tsp chili powder
1/2 tsp ground cumin

Directions
In a large bowl, combine beans, celery, onion, tomato, & corn.
In a small bowl, combine all dressing ingredients.

Pour dressing over bean mixture and toss to coat
Cover and chill at least 2 hours.

OPTIONAL ITEMS: ADD CHOPPED AVOCADO, DICED ORANGE BELL PEPPER, SERVE WITH WHOLE GRAINS.



This easy salad is full of mood-boosting anti-oxidants and disease-fighting nutrients like fiber and healthy fat. It's flavor profile makes it a sure favorite!