



RECIPE OF THE WEEK

MEXICAN CORN SALAD

Dressing:

- 1/4 cup rice vinegar
- 2 tablespoons mirin*
- 1 tablespoon sugar

Salad:

- 2 cups corn, fresh or frozen, cooked and cooled
- 1 cup green bell pepper, finely chopped
- 1/2 cup red onion, finely chopped
- 1/2 cup cherry tomatoes, quartered
- 2 tablespoons cilantro, to taste
- 1 can (15 oz.) black beans, drained and rinsed



To make the dressing, combine the rice vinegar, mirin and sugar; stir until the sugar is dissolved.

Combine the corn, pepper, onion, cherry tomatoes, cilantro and black beans. Pour the dressing over the corn mixture. Stir to blend well. Chill and serve.

*Note: Mirin is a special rice vinegar and is found in the Asian food grocery stores or sections of the supermarket.

Yield: 5 1/2 cups

Serving Size: 1/2 cup

Nutritional Breakdown Per Serving:

- 75 calories
- 16 grams carbohydrate
- 0.6 grams fat
- 2.5 grams fiber
- 45 mg. sodium