Dinner Tonight!

Tex-Mex Salad

1 15-ounce can no-salt-added black beans, drained and rinsed
1/4 cup chopped green onions
1/4 cup whole-kernel corn, thawed
1/2 cup salsa
2 cups shredded romaine lettuce

Combine beans, onions, corn and salsa. Spoon mixture over 2 cups romaine. Serve immediately. Refrigerate leftovers.

Preparation Time: 10 minutes
Cook Time: 0 minutes
Serves: 4

Nutrition facts per serving:
Calories: 111
Total Fat: 0.6 g
Cholesterol: 0 mg
Sodium: 103 mg
Total Carbohydrate: 21.3 g
Protein: 6.9 g