



## Tex-Mex Mixed Bean Salad in Lettuce Cups

### INGREDIENTS (serving size: 12)

- 15-ounce can no-salt-added kidney beans
- 15-ounce can no-salt-added black beans
- 15-ounce can no-salt-added cannellini beans
- 15-ounce can no-salt added corn
- 1 cucumber, diced into ½ inch cubes
- 1 green bell pepper, diced in ½ inch pieces
- 1 red bell pepper, diced in ½ inch pieces
- 1 medium red onion, diced
- 1 – 2 garlic cloves, minced
- 1 Tablespoon lemon juice
- 1 Tablespoon lime juice
- 2 Tablespoons apple cider vinegar
- 1 teaspoon granulated sugar
- ½ teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon salt
- 1 Tablespoon chopped cilantro
- 2 Tablespoons extra virgin olive oil
- 2 heads lettuce (Bibb or Baby Romaine)
- 1 avocado, peeled, pitted and diced

NUTRITION INFORMATION: 176 Calories; 6 grams Fat; 0.5 grams Saturated Fat; 0 mg Cholesterol; 159 mg Sodium; 25 grams Carbohydrates; 8 grams Fiber; 7 grams Protein

### DIRECTIONS

1. Drain and rinse the kidney beans, black beans, cannellini beans and corn, and place in a large bowl. Add diced cucumber, red and green bell peppers and onion. Stir gently with a wooden spoon to mix well. 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. Pour dressing over bean mixture and stir to coat the beans well. Refrigerate for 3 hours.
2. 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.