



Confetti Salad with Lime-Cilantro Dressing



INGREDIENTS: Salad

- 1 large yellow bell pepper, diced
- 1 large orange bell pepper, diced
- 1 large red bell pepper, diced
- ½ cup red onion, diced
- 12 ounces frozen peas, thawed
- 12 ounces frozen corn, thawed
- 14.5 ounce can Great Northern beans, drained and rinsed

INGREDIENTS: Lime-Cilantro Dressing

- ¼ cup olive oil
- 4 Tablespoons lime juice
- 1 Tablespoon lime zest
- 1 ½ Tablespoons honey
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1/3 cup fresh cilantro, chopped

Nutrition Information:

Calories: 171, Total Fat: 5g, Saturated Fat: 0.5g, Cholesterol: 0mg, Sodium: 102mg, Total Carbohydrate: 26g, Fiber: 6g, Protein: 6g

DIRECTIONS (Yields 12 servings)

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, lime zest, honey, salt, pepper and cilantro.
3. Pour over the vegetable mixture and stir well.
4. Cover and refrigerate for 4 hours before serving.

Want to see how it is made? Watch [HERE!](#)