

South of the Border Shrimp and 3-Bean Salad

INGREDIENTS:

- 1 1/2 lb cooked shrimp, peeled and deveined
- 1 15-oz can black beans, rinsed and drained
- 1 15-oz can kidney beans, rinsed and drained
- 1 15-oz can pinto beans, rinsed and drained
- 4 large tomatoes, seeded and chopped
- 1 1/4 cup chopped red onion
- 1 cup fresh cilantro (stems included), chopped
- 1/2 cup store-bought salsa
- 3 tbsp fresh lime juice
- Zest of 1 lime
- 1 tbsp extra virgin olive oil
- 1 tbsp chili powder
- 1 tbsp ground cumin



INSTRUCTIONS:

Combine all ingredients in bowl and stir well. Cover, chill then serve.

NUTRITIONAL VALUE per serving:

Calories: 236

Fat: 3 g

Protein: 24 g

Carbs: 27 g

Makes 8 servings