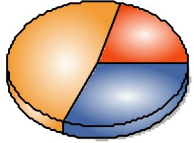




## Spinach, Corn and Black Bean Salad

Recipe grams: 1289.37g/45.5oz

Serves 2 644.68g/22.7oz per serving



Protein: 31%  
Carbohydrates: 48%  
Fat: 21%

### INGREDIENTS

- 1 tsp OLIVE OIL, EXTRA VIRGIN
- 1 cup CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY
- 2 tbsp SOY SAUCE (SHOYU), LITE
- 1/4 cup RED WINE VINEGAR, Organic
- 1 tbsp CORNSTARCH
- 1 bunch SPINACH, RAW
- 2/3 cup CORN, NIBLETS, FROZEN, no sauce
- 1 cup BLACK BEAN
- 2 whole TOMATO, RED, RIPE, RAW, year round avg (2.6" dia)
- 2 tbsp HONEY, STRAINED OR EXTRACTED
- 2 oz FETA CHEESE, crumbled

### DIRECTIONS

In skillet, heat oil and brown chicken. In small bowl, mix together 1/4 cup water, vinegar and cornstarch. When chicken is browned, remove skillet from heat and add mixture. Return to heat and cook until mixture thickens, stirring constantly.

In large bowl, combine spinach, corn, black beans, tomatoes and chicken. Combine vinegar and honey. Toss into salad. Top with cheese.

### Nutrition Facts

Serving Size: 1 serving (644.7g)  
Servings: 1

#### Amount Per Serving

Calories 510      Calories from Fat 110

**% Daily Value\***

**Total Fat** 13g      **20%**

Saturated Fat 5g      **25%**

Trans Fat 0g

**Cholesterol** 85mg      **30%**

**Sodium** 1570mg      **70%**

**Total Carbohydrate** 64g      **20%**

Dietary Fiber 13g      **50%**

Sugars 27g

**Protein** 42g

Vitamin A 340%      •      Vitamin C 110%

Calcium 35%      •      Iron 45%

\*Percent Daily Values are based on a 2,000 calorie diet.