



## Chopped Black Bean and Corn Mason Jar Salad

- 5 wide mouth quart size mason jar salads
- 1 ¼ cup salsa
- 1 6-ounce container plain Greek yogurt
- 1 quart cherry tomatoes, halved
- 1 red onion, chopped
- 2 cans black beans, drained and rinsed
- 1 12-ounce package frozen corn, thawed
- 2 avocados, peeled and chopped
- 5-ounce block pepper jack cheese, cut into small cubes
- 4-5 cups chopped romaine lettuce
- ¼ cup or more chopped cilantro (optional)

1. In each of the mason jars pour ¼ cup of salsa.
2. Then divide the Greek yogurt evenly among the jars. This will equal about 1½ tablespoons of Greek yogurt per jar.
3. Next divide and layer the rest of the ingredients evenly between the 5 mason jars starting with tomatoes then following with onions, black beans, corn, avocado, cheese, and ending with romaine and cilantro.
4. When ready to eat pour into a bowl, mix together, and enjoy!



### Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>1 jar (686g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>560</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 23g	<b>29%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 1300mg	<b>67%</b>
<b>Total Carbohydrate</b> 71g	<b>26%</b>
Dietary Fiber 23g	<b>82%</b>
Total Sugars 22g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 28g	
Vitamin D 0mcg	0%
Calcium 328mg	25%
Iron 3mg	15%
Potassium 584mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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