

# Collard Greens Salad

## Ingredients:

- 1 15-ounce can of black beans, drained and rinsed
- 1 cup red onion, diced
- 1 12-ounce bag of frozen corn, cooked and drained
- 1 16-ounce bag fresh or frozen collard greens, cooked and drained
- 1 1/2 cups cooked wild rice
- 1/2 cup packed sundried tomatoes
- 1 tablespoon lemon juice
- 1 teaspoon celery salt to taste
- 1 tablespoon garlic, minced

## Directions:

1. Add all ingredients into mixing bowl and toss.
2. Season with celery salt, garlic, and enjoy.

## Nutrition Facts

Serving Size (139g)  
Servings Per Container 6

Amount Per Serving

**Calories** 240    **Calories from Fat** 80

% Daily Value\*

**Total Fat** 9g    **14%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol** 10mg    **3%**

**Sodium** 15mg    **1%**

**Total Carbohydrate** 31g    **10%**

Dietary Fiber 4g    **16%**

Sugars 9g

**Protein** 9g

Vitamin A 0%    •    Vitamin C 0%

Calcium 4%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

**Benteh Nuutah**  
**Valley Native Primary Care Center**  
**Wellness Center**  
(907) 631-7630  
southcentralfoundation.com

Source: ANTHC  
Book: Foods We Alaskans Enjoy

