

Black Bean & Corn Salad

Ingredients (serves 6-8)

Salad:

2 cans (15oz. each) black beans, rinsed and drained

2 cups of corn kernels (fresh, frozen or canned)

1 red bell pepper, diced

3 scallions, thinly sliced

¼ cup minced red onion

¼ cup chopped, fresh cilantro

Chili-Lime Dressing:

½ teaspoon ground cumin

½ teaspoon chili powder

Pinch cayenne or crushed red pepper

6 Tablespoons fresh lime juice

5 Tablespoons olive oil

½ teaspoon salt

Mise en place! (Everything in its place)

Directions

1. Combine all salad ingredients in large bowl.
2. In small bowl, whisk together dressing ingredients.
3. Add dressing to salad and mix well.
4. This will keep in refrigerator for up to three days.

[Link to Video](#)