

BLACK BEAN AND CORN SALAD

NAME OF DISH

INGREDIENTS

- 1/3 cup fresh lime juice
- 1/2 cup olive oil
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/8 teaspoon ground cayenne pepper
- 2 (15 oz) can of black beans, drained/
rinsed
- 1/2 cups frozen corn kernels
- 1 avocado– peeled, pitted and diced
- 1 red bell pepper, chopped
- 2 tomatoes, chopped
- 6 green onions, thinly sliced
- 1/2 cup of chopped fresh cilantro
(optional)



INSTRUCTIONS

1. Place lime juice, olive oil, garlic, salt, and cayenne pepper in a small jar. Cover with lid, and shake until ingredients are mixed well.
2. In a salad bowl, combine beans, corn, avocado, bell pepper, tomatoes, green onions, and cilantro. Shake lime dressing, and pour it over the salad. Stir salad to coat vegetables and beans with dressing, and serve.