

# BLACK BEAN & CORN SALAD

This salad is a fresh mix of black beans, corn, red peppers and tomatoes tossed in a lime dressing.

## INGREDIENTS:

- **1/3 cup fresh lime juice**
- **1 clove garlic, *minced***
- **1 tsp. salt**
- **1/8 tsp. ground cayenne pepper**
- **2 - 15 oz. cans black beans, *rinsed and diced***
- **1 1/2 cups frozen corn kernels**
- **1 red bell pepper, *chopped***
- **2 tomatoes, *chopped***
- **6 green onions, *thinly sliced***

## OPTIONAL:

- **1/2 cup of chopped fresh cilantro**



## DIRECTIONS:

1. Place lime juice, garlic, salt, and cayenne pepper in a small jar. Cover with lid, and shake until ingredients are well mixed.
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.