

Southwestern Black Bean and Corn Salad

Prep time: 20 mins

Chilling time: At least 30 mins

Serves: 8 as a side dish

Ingredients:

- 3 cups cooked black beans (or 2 15-oz cans, rinsed & drained)
- 1-1/2 cups corn kernels (or 1 can, drained)
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 2 Roma tomatoes, diced (or 1/2 pint cherry tomatoes, halved)
- 1 medium red onion, minced (or 1/2 bunch scallions, finely chopped)
- 1/2 bunch fresh cilantro, finely chopped
- 1 jalapeno pepper, seeded & finely chopped (optional)
- 1 ripe avocado, diced (optional)
- Juice of 2 limes
- 1/3 cup olive oil
- Salt & pepper to taste

Steps:

1. Add all ingredients to a large bowl and toss gently. Taste and season as needed - add a little more lime juice, salt, pepper, chop up a little more cilantro, etc. Cover and refrigerate for at least 30 minutes.
2. Enjoy the salad on its own, serve with tortilla chips, or, for a delicious health boost, use halved mini bell peppers as scoops instead.