

Black Bean and Corn Salad

Prep Time: 20 Minutes

Cook Time: 20 Minutes

Serves: 12 Servings

Ingredients

- 2/3 cup fresh lime juice
- 1/3 cup olive oil
- ½ cup water
- 2 cloves garlic, minced
- 2 teaspoons salt
- 1/4 teaspoon ground cayenne pepper
- 4 (15 ounce) cans black beans, rinsed and drained
- 3 cups frozen corn kernels
- 2 avocado - peeled, pitted and diced
- 2 red bell pepper, chopped (or 1 red and 1 orange)
- 3 tomatoes, chopped
- 12 green onions, thinly sliced
- 1 cup chopped fresh cilantro (optional)

Preparation

Step 1.

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

Step 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.