

Black Bean and Corn Salad

JUNE 2, 2023



INGREDIENTS

- ½ cup olive oil
- ⅓ cup fresh lime juice
- 1 clove garlic, minced
- 1 teaspoon salt
- ⅛ teaspoon ground cayenne pepper
- 2 (15 ounce) cans black beans, rinsed and drained
- 1 ½ cups frozen corn kernels
- 1 avocado - peeled, pitted, and diced
- 1 red bell pepper, chopped
- 2 tomatoes, chopped
- 6 green onions, thinly sliced
- ½ cup chopped fresh cilantro

METHOD

1. Place olive oil, lime juice, garlic, salt, and cayenne pepper in a small jar. Close the lid tightly and shake the jar until the dressing is well combined.
2. Combine in a salad bowl beans, corn, avocado, bell pepper, tomatoes, green onions, and cilantro.
3. Shake dressing again, pour over salad, and toss to coat.