

## **Black Bean and Corn Salad**

Makes approximately 6 servings

¼ to ½ C. Fresh Lime Juice

¼ C. Olive Oil

1 to 3 cloves of minced garlic (vary to your taste)

1 tsp. salt

1/8 tsp. ground Cayenne (or 1 minced jalapeno pepper with or without seeds-depending on how spicy you like it)

2 cans of Black Beans (or 2 ½ cups cooked black beans)

1 can (or equivalent fresh or frozen) corn kernels

1 red bell pepper, chopped

2 tomatoes (when in season)

½ large red onion, chopped fine (or ½ c green onion, thinly sliced)

½ cup fresh cilantro, chopped

1 avocado, diced (optional, and best added just before serving)

1. In a salad bowl, combine beans, corn, bell pepper, tomatoes, onion, and cilantro. Add lime Juice, olive oil, Garlic, Salt, and Cayenne or jalapeno pepper. Stir well and let sit for at least a ½ hour for the flavors to meld. Add chopped avocado just before serving.
2. I like to make this ahead of time, and serve it as a side with Fish Tacos, or for my lunch to bring to work.
3. This recipe can be varied depending on what you have in your fridge, and to your taste. A hotter version makes a great salsa. A milder version is wonderful on top of a spinach or mixed green salad.