

Black Bean and Corn Salad



Ingredients

- 1 can (14 ounces) black beans, drained and rinsed with cold water
- 1 bag frozen corn (2 cups)
- 1 small pepper (red, orange or yellow), seeded and chopped (optional)
- 2-3 roma tomatoes, chopped (optional)
- 1 cup of sugar snap peas, deveined and snapped (optional)
- ½ small red onion, chopped
- 1 avocado, peeled and chopped (optional)
- 1 lime, juiced
- 2 tablespoons vegetable or olive oil
- Any or all of these...*
- 1 ½ teaspoon ground cumin
- 1 ½ teaspoons chili powder or 2 teaspoons hot sauce (eg Tabasco)
- ½ teaspoon garlic powder
- 1 teaspoon black pepper
- ¼ cup fresh cilantro or 1 ½ teaspoon dry cilantro
- Pinch of salt

Instructions

Combine beans, corn and other vegetables in a bowl. Mix lime juice, oil and dry spices in a cup or measuring cup and mix with a fork. Pour liquid over beans and vegetables. Let stand at least 15 minutes for the corn to fully defrost. Then add fresh cilantro, avocado and toss. Mixture can be refrigerated until use.

Makes approximately 4 cups

Recipe adapted from: <https://www.foodnetwork.com/recipes/rachael-ray/black-bean-and-corn-salad-recipe-1941686>