

Black Bean & Corn Salad



4 servings



25 minutes

INGREDIENTS

14 ounces black beans
2 cups frozen corn kernels
1 small red bell pepper
1/2 red onion
1 1/2 tsp ground cumin
1 tbs chopped cilantro
1 jalapeno
1 lime, juiced
1 plum tomato
2 tbs olive oil
salt and pepper to taste

INSTRUCTIONS

1. Rinse and drain the black beans.
2. Seed and chop the red bell pepper, seed and finely dice the jalapeno, chop the red onion, and dice the plum tomato.
3. Combine all ingredients in a bowl.
4. Let sit and defrost at least 15 minutes for flavors to combine.
5. Toss and serve.

NOTES

Since the corn is chilled, this salad is convenient and ready to eat.