

Black Bean Salad Recipe

This is a colour-rich favorite summer salad. It's loaded with heart healthy plant fibre and nutrients. It doubles easily and receives rave reviews from everyone.

Ingredients:

2 x 19oz canned no salt added black beans, rinsed and drained well
1 each large red, yellow and orange sweet pepper, finely diced
3 tbsp/45 ml red onion, finely diced
2 cobs fresh corn, cooked, cooled and cut off cob (about 1 1/2 cups/375ml)
1 cup/250ml fresh cilantro, finely chopped
1 ripe avocado, chopped, if desired

Dressing

3 tbsp/45ml extra-virgin olive oil
Freshly squeezed juice from 2 limes
1 tsp/5ml cumin
2-3 cloves fresh garlic, minced
Freshly ground black pepper, to taste

Method:

1. Mix all salad ingredients in large bowl.
2. In small bowl, combine all dressing ingredients. Whisk together.
3. Add dressing to salad. Stir well to coat.
4. Let sit for about an hour prior to serving.
5. Add 1 ripe avocado, cubed, right before serving, if desired.