

Southwestern Black Bean Salad

From Francie Whitlock

Yields 4 servings

One 16-oz can black beans, rinsed and drained

1/2 C canned corn, drained

1 red onion, finely chopped

1 C roasted red bell pepper, diced

1/4 C cilantro or parsley, chopped

2 garlic cloves, finely chopped or pressed

1 jalapeño pepper, seeded, deveined, and finely chopped

4 scallions, thinly sliced (optional)

1/4 C balsamic vinegar

4 tsp fresh lime juice

4 tsp olive oil

-
1. Rinse and drain black beans in colander and transfer to large bowl.
 2. Add canned corn. Stir briefly until mixed.
 3. Chop or dice red onion, red pepper, cilantro or parsley, garlic cloves, scallions, and jalapeño pepper, as indicated above, adding each ingredient to black bean/corn mixture as you go along.
 4. Pour vinegar, lime juice, and olive oil over mixture. Stir to combine. Cover and refrigerate.
 5. Serve slightly chilled or at room temperature.