



Black Bean and Corn Salad

Serves 12 (1/2 Cup)

Ingredients

- 2 15 ounce can black beans, rinsed and drained
 - ½ Cup of cilantro leaves, chopped
 - ½ Cup red bell pepper, finely diced
 - 2 Cups of canned corn kernels drained, or frozen/thawed
 - 1 Red onion, finely diced
 - 2 Small limes, juiced
 - 3 Tablespoon olive oil
 - ½ Teaspoon cumin*
 - ¼ Teaspoon garlic powder*
 - ¼ Teaspoon black pepper*
 - ¼ Teaspoon cayenne pepper (optional)*
- *or you can substitute these spices with ½ packet of low-sodium taco seasoning

Instructions

1. In a medium bowl, combine beans, corn, red pepper, red onion, and cilantro
2. In a small bowl, whisk together remaining ingredients and pour over bean salad. Toss to coat.



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