

Corn and Black Bean Salad

Makes 6 servings



Ingredients

- 1 cup of corn - fresh or frozen - steamed and cooled
- 14 - 16 oz of black beans
- 1 large red bell pepper - finely diced
- ½ cup of sweet onion - chopped
- 1 small jalapeno pepper - seeded
- 1 large roma tomato
- 1 medium garlic cloves
- zest of 1 lime
- 2 tbsp of lime juice
- 2 tbsp of rice vinegar
- ¼ cup of cilantro
- ½ tsp of sea salt
- ½ tsp of black pepper
- ½ tsp of smoked paprika
- ¼ tsp of garlic salt
- ¼ tsp of chili powder
- 2 tbsp of olive oil

Directions

- ℘ Combine corn, beans, bell peppers and onions in a large bowl.
- ℘ Mix in the chile and garlic until thoroughly blended with the other vegetables.
- ℘ In a large bowl, combine the last 10 ingredients except olive oil.
- ℘ Whisk quickly while slowly drizzling in olive oil to emulsify
- ℘ Stir in the remaining ingredients.
- ℘ Toss well and taste to correct seasoning, adding more of the dressing ingredients or seasonings as you wish.

Nutrients (approximately)

157 Calories per serving,
Fat 5.4g, Saturated Fat 0.8g, Cholesterol 0mg, Sodium 86.3mg,
Carbohydrates 22.2g, Fiber 6.5g, Sugars 2.8g, Protein 6.4g

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