

# BLACK BEAN SALAD

PREP TIME: 20 MIN

MAKES 4-8 SERVINGS

## *Ingredients:*

3 cans black beans, rinsed  
1 cup canned corn or defrosted frozen corn  
1 red pepper, chopped  
1 cup cherry tomatoes, quartered  
1 cup red onion, chopped  
1/2 cup cilantro, finely chopped  
2 TB lime juice  
1/4 cup extra virgin olive oil  
1/4 cup white wine vinegar  
1/2 teaspoon salt, to taste  
Optional: pasteurized cotija cheese, sliced avocado

## *Directions:*

In a large serving bowl, combine all of the ingredients and toss to combine.

Taste, and adjust salt/vinegar/lime juice amounts as needed.

Cover and refrigerate for 2 hours before serving.

\*1 cup = about 30 grams of carbohydrates

