

## **Black Bean and Corn Salad with Citrus Vinaigrette**

**Serves 8**

A delicious salad that does not require cooking. Black beans are great source of protein, full of fiber and high in antioxidants. A red pepper has more Vitamin C than an orange.

### **Ingredients:**

2 – 15 ounce cans of Eden Black Beans or your favorite canned black beans, rinsed and drained

1 small red onion, peeled and minced (you can substitute with chopped scallions)

1 ear fresh corn, kernels removed from cob or 1 cup frozen corn, defrosted

1 red pepper, de-seeded and diced small

¼ cup cilantro, minced (You may substitute parsley)

### **Dressing:**

juice of 1 lime

2 tablespoons red wine vinegar

1 tablespoon granulated cane juice, **maple syrup** or agave nectar (optional)

1/3 cup olive oil

1 teaspoon of cumin

¼ teaspoon black pepper

sea salt

Put salad ingredients into a large bowl. Mix the dressing separately and pour over the black bean salad. Mix and chill before serving.

Note: If you live alone, just cut the recipe in half. It is great for leftovers and a great snack!

*Submitted by Cathy Zolner*