

GUASTELLO'S VILLAGE MARKET

Black Bean Salad

Serves 4

Ingredients

1 can black beans, drained and rinsed
1/2 cup diced orange bell pepper
3/4 cup diced fresh tomato
1/2 cup corn kernels
1/3 cup diced English cucumber
3 green onions, sliced thin
1 jalapeno, deseeded and minced
2 tablespoons finely chopped cilantro
the juice of 1 lime
1/2 teaspoon canola or grapeseed oil
2 – 3 dashes cumin
2 – 3 dashes coriander
salt and pepper to taste

Combine the beans, bell pepper, tomato, corn, cucumber, green onion, jalapeno, and cilantro in a medium bowl. Stir until ingredients are well distributed.

In another bowl, combine the lime juice, oil, cumin, coriander, salt and pepper. Pour over the bean mixture, tossing to combine. Chill until serving time.

Credit: simplebites.net