

BLACK BEAN

+ corn salad

(feeds: 4
takes: 25 minutes)

Ingredients

3 ears of corn
1 green pepper, chopped
2 tomatoes, seeded + chopped
1 jalapeno pepper, seeded + minced
1 small red onion (or 1/2 a large onion), chopped
1 avocado, chopped
30 oz (2 cans) of black beans
1 lime
1 teaspoon salt
1/2 teaspoon pepper
1/4 cup fresh cilantro, chopped

Directions

> Cook corn in boiling water for 5 minutes; drain and cool.

> Once cool, cut the corn from the cob. Chop remaining vegetables.

> In a large bowl, add the corn, black beans, green pepper, tomatoes, jalapeno pepper, onion and avocado.

> Squeeze the lime over the salad, and add the salt and pepper. Sprinkle the cilantro into the bowl, then mix well.

TIP: Chill in the fridge before serving!

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