

Black Bean & Corn Salad



Prep: 20 minutes

Cook: 0 minutes

Serves: 4

Chef Suzanne Landry

2 cups black beans, precooked, or 1 can black beans
1/2 cup fresh or frozen corn defrosted to room temperature
1/2 red bell pepper chopped (about 1/2 cup)
4 scallions chopped (about 1/2 cup) use green and white parts
1/2 teaspoon hot red pepper flakes

DRESSING

1/4 cup extra virgin olive oil
2 tablespoons balsamic vinegar
1/2 teaspoon salt

Optional

1/3 cup cilantro, chopped



1. If you are using canned beans, drain and rinse beans.
2. Combine beans, corn, red bell pepper, scallions, and red pepper flakes in a medium bowl.
3. In a separate bowl, mix dressing ingredients. Toss dressing with bean mixture. Add cilantro if using and toss again. You can serve immediately or at a later time. Good for 4-5 days refrigerated.

Chef's Note: This is a hearty protein dish but can be enjoyed as a side dish with chicken or fish. This would also do well as a vegetarian entrée served on top of a bed of salad. All frozen vegetables are blanched before freezing, so no need to cook corn any further but some frozen vegetables might need 1-2 minutes more in cooking.