

BLACK BEAN SALAD



Ingredients (makes 4-5 servings):

- 1 C black beans, cooked & drained
- 1 C cooked corn
- 1 small purple onion, diced
- 1 C diced Roma tomatoes
- 1 handful cilantro, chopped
- 2 tsp Italian salad dressing (or 1 tsp of olive oil with 1 tsp of lemon juice)
- Pinch of salt

Directions:

1. Place black beans, corn, and tomatoes in a big bowl
2. Add Italian dressing to bowl (or olive oil and lemon juice)
3. Add chopped cilantro to bowl
4. Toss beans, corn, tomatoes, cilantro, and selected dressing in the bowl
5. Add salt to taste

This salad tastes better if you let it sit in the fridge for 2-3 hours first. This will let the flavor soak in.