



Canned Black Bean and Corn Salad

Serves 8. Total prep and cook time: 20 minutes

Ingredients:

- 2 cups frozen corn kernels
- 2 15-ounce cans black beans, drained and rinsed
- 2 medium roma tomatoes, diced
- 1 medium red bell pepper, diced
- 1/2 small red onion, minced
- 1/2 cup freshly chopped cilantro
- 1/4 cup lime juice
- 1/4 cup extra virgin olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon red pepper flakes

Directions:

Thaw corn in a microwave-safe bowl for 3-4 minutes, stirring every 90 seconds.

Toss corn with black beans, tomatoes, bell pepper, onion, and cilantro.

In a small bowl, whisk together lime juice, olive oil, garlic, salt, and red pepper flakes.

Pour dressing over salad and toss to combine.