

Laurel's Sassy Black Bean Salad

Ingredients:

3 cans of black beans
1 red onion, finely chopped
2 large tomatoes, seeded and diced
1 can whole kernel corn or corn cut off of 2 cobs of fresh corn
1/2 cucumber diced
1/2 cup celery, diced
1/2 cup fresh cilantro, finely chopped
2 medium jalapeno peppers seeded and minced
3 garlic cloves, minced

Dressing:

2 Tablespoons lime or lemon juice
1 1/2 teaspoons ground cumin
1 Tablespoon vinegar
1/3 cup oil
1 teaspoon salt, to taste
1/4 teaspoon pepper, to taste



Directions:

1. Place black beans in colander rinse well. Drain thoroughly.
2. In large mixing bowl combine black beans, onion, tomatoes, corn, cucumbers, celery, cilantro, jalapeno peppers and garlic.
3. Make dressing in small bowl; mix together lime/lemon juice, cumin, vinegar, olive oil, salt and pepper. Add to black bean/veggie mixture and stir.
4. If made in advance, cover and refrigerate for up to 3 days. Stir before serving.



Recipe adapted from Laurel Robertson, 2012 Farmers Market Cookbook

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