



BLACK BEAN FIESTA SALAD

Serves 6

INGREDIENTS

- 3 15-oz. cans black beans (or $1\frac{1}{2}$ cups dry beans, cooked)
- 2 cups frozen corn, thawed
- 2 large tomatoes, diced
- 1 large green bell pepper, diced
- 1 large red or yellow bell pepper, diced
- $\frac{1}{4}$ cup chopped red onion
- $\frac{3}{4}$ cup chopped fresh cilantro (optional)
- $\frac{1}{2}$ - 1 tsp. salt

Dressing Ingredients

- 2 Tbsp. seasoned rice vinegar
- 2 Tbsp. apple cider or distilled vinegar
- 1 lime or lemon, juiced
- 2 garlic cloves, minced
- 2 tsp. cumin
- 1 tsp. coriander
- $\frac{1}{2}$ tsp. crushed red pepper OR a pinch of cayenne

PREPARATION

Drain and rinse beans. Combine beans with the corn, tomatoes, bell peppers, red onion and fresh cilantro. Whisk together dressing ingredients and pour over salad. Toss gently to mix.



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