

## **Black Bean and Corn Salad**

### **Ingredients**

- 1 – 7 to 10 ounce package of grape (or cherry) tomatoes - chopped
- 1 – Avocado – chopped
- 1 – Can black beans - rinsed and drained
- 1 – Bag of frozen white shoepeg corn
- 1 – Tablespoon fresh cilantro – chopped
- 2 ½ – Tablespoons olive oil
- 1 – Tablespoon red wine vinegar
- Juice from 1 small lime
- ¾ - Teaspoon sea salt (more or less to taste)
- ½ - Teaspoon coarse black pepper

### **Directions**

1. Toss chopped avocado with juice from 1 small lime
2. In a large bowl, combine avocado, grape (or cherry) tomatoes, black beans, corn and cilantro.
3. Stir in olive oil, red wine vinegar, salt, and pepper and stir to coat
4. Refrigerate until you are ready to serve

### **Substitution Options and Additional add-ins:**

Can replace the frozen corn with grilled corn and cut the kernels from the cob

Can replace the canned beans with dried beans that have been soaked and cooked

Can add Red onion, chopped bell peppers, jalapeño, and/or mango