

INGREDIENTS

corn and black bean salad

Salad:

- 1 can of corn (15 oz) or 2 ears of fresh corn
- 1 can of black beans
- 1 red bell pepper
- ½ cup Hatch green chile, chopped
- 1 avocado
- 1/4 cup cilantro, chopped
- 1 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp cayenne pepper

Dressing:

- 1/2 lime, squeezed
- 2 tbsp honey
- 1/4 cup olive oil
- 2 tbsp balsamic vinegar
- salt and pepper to taste

20 MINS MAKES 4 CUPS



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PROCEDURE

1. Drain and rinse both black beans and corn
2. Dice red bell peppers and avocado
3. In a bowl, combine beans, corn, bell pepper, avocado, chile, garlic powder, salt, and cayenne pepper in a bowl and mix gently
4. In a smaller bowl, combine lime, honey, olive oil, balsamic vinegar and whisk
5. Drizzle dressing over the salad and toss until mixed well
6. Serve chilled and enjoy!

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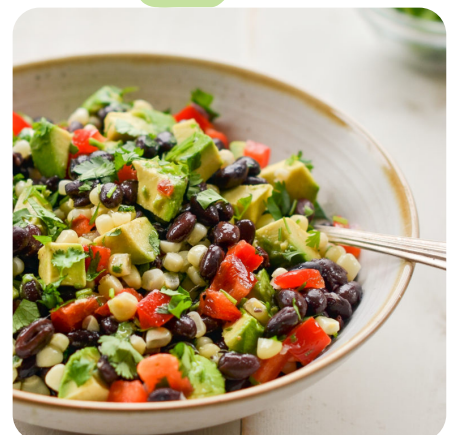
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