

Black Bean & Corn Salad

- 1 15-oz. can black beans, drained and rinsed
- 1 15-oz. can corn, drained
- 3 fresh tomatoes, cubed and drained
- 1 green bell pepper, washed and chopped
- 2 stalks celery or cucumber, washed and chopped
- 2 cups cooked quinoa
- 1 teaspoon dried or 2 teaspoons fresh cilantro or parsley
- 1 clove garlic, minced or 1 teaspoon garlic powder
- 2 Tablespoons lime or lemon juice
- ¼ cup vinegar
- ¼ cup oil

1. Drain and rinse the black beans and place in medium-sized bowl.
2. Add drained corn, drained tomatoes, green pepper, celery or cucumber.
3. Add dried cilantro or parsley and garlic.
4. Toss all ingredients with lime or lemon juice, vinegar and oil.
5. Refrigerate until thoroughly chilled and then serve.



Prepared by Eau Claire County Wisconsin Nutrition Education Program (WNEP). WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715/839-2300. An EEO/Affirmative Action employer, UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.