

Black Bean & Corn Salad

3 Servings

Ingredients:

- 1-15 ounce can black beans, drained and rinsed
- 1-15 ounce can corn, drained or 2 ears corn, cooked & cut off cob
- 3 fresh tomatoes, cubed and drained
- 1 green bell pepper, chopped
- 2 stalks celery or 1/2 cup cucumber, 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



Directions:

1. Drain and rinse the black beans and place in medium-sized bowl.
2. Add corn, tomatoes, green pepper, celery or cucumber & cooked quinoa.
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.

Eau Claire County Extension FoodWise

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