

# Black Bean Salad

Try this salad for a healthy meal! It takes 20 minutes to make and can serve up to 8 people.



Source: Simplyrecipes.com

## What you need:

- 1 can (15 ounces) of black beans, rinsed and drained or 1 ½ cups of freshly cooked black beans
- 1 ½ cups of frozen corn, defrosted or fresh corn, parboiled, drained and cooled, or grilled and cooled
- ½ cup chopped green onions with onion greens or shallots
- ½ fresh jalapeño pepper, seeded and minced or ½ pickled jalapeño pepper, minced and not seeded
- 3 fresh plum tomatoes, seeded and chopped or 1 red bell pepper, seeded and chopped
- 2 tablespoons of lime juice (about the juice from 1 lime)
- 1 tablespoon of olive oil
- 1 avocado, peeled, seeded, and cut into chunks
- ½ to 1 teaspoon of sugar
- Salt and pepper
- ½ cup of chopped fresh cilantro

## What to do:

1. In a large bowl, mix the black beans, corn, chopped green onions, minced jalapeños, chopped tomatoes (or red bell pepper), lime juice, and olive oil. Gently fold in the chopped avocados.
2. Add salt and pepper to taste. Sprinkle with sugar to taste or enough to balance the sourness from the lime juice.
3. Let the salad chill.
4. Right before you serve, add the chopped fresh cilantro.

Talk to your CHN Nutritionist to learn more!