

Tex-Mex Black Bean Salad

Ingredients

YIELDS: 8 servings PREP TIME: 25 minutes

Dressing:

- 1 small white onion
- 2 tsp (10 mL) fresh lime juice
- 1 tbsp. (15 mL) canola oil
- 2 tsp (10 mL) ground cumin
- 1/4 tsp (1 mL) chili powder
- 1/3 cup (60 mL) apple cider vinegar
- 1 tsp (5 mL) pasteurized honey
- 1/4 tsp (1 mL) black pepper

Salad:

- 2-540 mL cans black beans
- 2 bell peppers (green, red, yellow or orange)
- 1 green onion
- 1/2 cup (125 mL) fresh cilantro, plus more for garnish
- 2 avocados
- 2 cups (500 mL) frozen corn



EQUIPMENT: Can opener / 3 cutting boards / 3 knives / mixing bowl (large) / mixing bowl (small) / set of measuring cups / set of measuring spoons / strainer / spoon / whisk / small plates for sampling

Directions

- 1) Thoroughly wash all produce under cool running water.

Make the Dressing:

- 2) Finely chop white onion and place in a small bowl. Juice lime and add 2 tsp of juice to bowl. Add canola oil, cumin, chili powder, apple cider vinegar, honey and black pepper. Whisk to combine.

Make the Salad:

- 3) Rinse tops of bean cans. Thoroughly rinse and drain beans using strainer. Place in large bowl.
- 4) Chop peppers, green onion, and cilantro and add to bowl. Add frozen corn (without cooking) to the bowl.

- 5) Add dressing to the salad and toss to combine.

- 6) Cut avocado in half, scoop out green portion and dice.

- 7) When ready to serve, gently mix avocados into the salad, being careful not to mash them.

Chef's Tip



Canned products like canned lentils, chickpeas, and black beans are often preserved with salt. Always drain and thoroughly rinse in a strainer before use.

Let's Get Cookin'!

