



Southwestern Corn & Black Bean Salad

Ingredients

- 1 8oz. can whole kernel corn
- 1 15oz. cans of black beans, drained and rinsed
- ½ cup shredded red cabbage
- 1 large tomato, diced
- ½ cup red onion, minced
- ½ cup celery, chopped
- ½ cup red pepper, chopped
- ½ cup green pepper, chopped
- ½ cup yellow pepper, chopped
- ¼ cup fresh cilantro, chopped
- Fresh ground pepper and salt to taste
- 2 cloves of fresh garlic, crushed

*Can also add a can of chickpeas to salad

Dressing

- 1/4c olive oil
- 4 teaspoons red wine vinegar
- 3 teaspoons limejuice



Instructions

- Mix corn, black beans, red cabbage, tomato, red onion, celery, red, green, and yellow peppers in a bowl. Add chickpeas if desired.
- Add cilantro and crushed garlic. Mix well.
- Pour the dressing on top. Toss to coat.
- Refrigerated until ready to serve.
- Serves 4

Recipe courtesy of www.eatingwell.com

