



Black Bean and Corn Salad

Serving Size: 1 cup

Yield: 3 servings

Ingredients:

Salad

- ½ cup chopped onion
- ½ cup chopped red **or** green bell pepper
- 1 hot chili pepper, jalapeño **or** Serrano, seeded and finely chopped (optional)
- 1 cup frozen corn **or** drained canned corn
- 15 ounce can black beans, drained and rinsed

Dressing

- ¼ cup red wine vinegar **or** cider vinegar **or** lemon juice
- 1 teaspoon chili powder
- 1 clove garlic, chopped **or** ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 Tablespoons vegetable oil



Directions:

1. In a mixing bowl, stir together onion, red or green pepper, chili pepper (if using), corn and beans.
2. In a jar with a tight fitting lid, add vinegar, chili powder, garlic, salt, pepper and vegetable oil. Shake until dressing is evenly mixed.
3. Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour.
4. Serve cold as a side dish or main dish.

Note: When handling hot peppers, the oils can cause burning and skin irritation. You can wear clean kitchen gloves or wash hands thoroughly after preparing. KEEP HANDS AWAY FROM EYES.

Nutrition Facts per Serving: Calories 285, Fat 10 G, Protein 11 G, Carbohydrate 41 G, Fiber 13 G

Source: Montana State University Extension



Cornell University
Cooperative Extension
Fulton and Montgomery Counties

Cornell Cooperative Extension in Fulton & Montgomery Counties provides equal program and employment opportunities.