



Black Bean and Corn Salad



Serves 6

Compliments of "*PamCooks: Favourite Recipes from the Trillium Cooking School*", 2000.

15 ounces	canned black beans, drained and rinsed	440 mL
12 ounces	canned kernel corn, drained	340 mL
1/2 cup	green pepper, chopped	125 mL
1/2 cup	red pepper, chopped	125 mL
1/2 cup	red onion, slivered	125 mL
1/4 cup	jalapeno peppers, chopped (adjust to taste)	50 mL
1/4 cup	fresh parsley or cilantro, minced	50 mL

Vinaigrette

1/4 cup	oil	50 mL
2 Tbsp	red wine vinegar	30 mL
1/4 tsp	ground cumin	1 mL
1/4 tsp	each: salt and pepper	1 mL

Directions:

- ▶ Combine salad vegetables in large bowl; toss to mix. Set aside.
- ▶ Combine vinaigrette ingredients; shake well. Mix well with vegetables.
- ▶ Cover; refrigerate 1 hour to blend flavours.