

Common Sense COOKING

Corn and Black Bean Salad

2 Tablespoons	Extra virgin olive oil
	Vinegar and lime juice –use ½ of each for total of acid
½ cup	Black beans, drained and rinsed
½ cup	Corn, drained
½ cup	Red and green peppers, chopped
½ cup	Chopped red tomato
¼ cup	Chopped red onion

1. mix together beans and vegetables.
2. for dressing, use ½ lime juice for acid (ie not all vinegar).
3. spices: cumin, chili pepper, salt, pepper; also, fresh parsley looks nice in this.

Calories - 450