

Corn, Black Bean, and Tomato Salad

Serves: 8

Serving Size: 1/2 c.



15.5 oz can black beans, drained and rinsed
12 oz bag corn, steamed, rinsed, and drained
2 roma tomatoes, diced
2 T. lime juice
2 T. olive oil
1 T. honey
Salt and pepper to taste

OPTIONAL ITEMS

Diced avocado
Chopped cilantro
Thinly sliced radishes
Sliced green onions
Jalapenos
Shredded lettuce
Tortillas
Corn chips
Salsa
Sriracha



In a large bowl, mix together black beans through salt and pepper. Stir well to combine. For best flavor, refrigerate for an hour before serving.

As is, this makes a nice side dish. Add avocado, cilantro, radishes, green onions, or jalapenos if desired. If serving as a main dish, serve in a bowl, over lettuce, in tortillas, or with corn chips. Top with salsa or sriracha for extra kick.

Estimated Calories: 138 cal/serving