



BLACK BEAN SALAD

Mix together:

3 15-oz cans Black beans, drained and rinsed

2 C Frozen corn, thawed

2 Large tomatoes, diced

1 Large green bell pepper, diced

1 Large red and/or yellow pepper, diced

1/2 C Chopped red onion

3/4 C Chopped cilantro (optional) or parsley

Seasoning:

3/4 C Fresh lemon juice

2 Cloves garlic, minced

2 tsp Cumin

1 tsp Coriander

1/2 tsp Salt

From [Living Free](#), p 304.

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