

Tex-Mex Bean and Corn Salad

Salad Ingredients:

- 1 540 ml can of Black Beans, drained & rinsed
- 1 341 ml can of corn kernels, drained
- 2 medium tomatoes, chopped
- 1 green or red pepper, chopped
- ½ cup red onion, chopped
- ¼ cup fresh parsley, chopped

Dressing Ingredients:

- 2 tbsp red wine or balsamic vinegar
- 1 tbsp extra virgin olive oil
- ½ tsp ground cumin
- ½ tsp minced garlic
- ½ tsp hot pepper sauce (optional)
- salt and pepper to taste.

Instructions:

1. In a salad bowl, combine beans, corn, tomatoes, pepper, onion and parsley. Set aside.
2. In a separate bowl, whisk together: vinegar, oil, cumin, garlic, hot pepper sauce.
3. Pour dressing over salad mixture and toss well. Add salt & pepper to taste.
4. Cover and refrigerate until ready to serve. Use within 3 days.
5. Makes 10 ½ cup servings.

***In motion* Nutrition Tip:**

This salad is an excellent source of folic acid and fibre. For variety, top with crumbled feta cheese and sliced black olives.

