

Corn and Black Bean Salad

The perfect summer salad. It is easy to assemble and can be mixed together in advance, just add the dressing at the last minute. Great for picnics since it can be kept at room temperature for several hours. Feel free to experiment with the ingredients, maybe add some green beans cut into bite sized pieces, maybe some chopped bell pepper, maybe some basil and an Italian vinaigrette....use what's fresh at the market!

3-6 ears corn, grilled whole or cut the kernels from the cobs and give them a quick sauté in some butter

1 can black beans, drained and rinsed

1 large ripe tomato, cut into ¼" dice

1 small red onion, cut into ¼" dice

2 T finely chopped fresh flat leaf parsley

2 t minced garlic

2 T white wine vinegar

¼ C extra virgin olive oil

1 t chili powder

¼ t ground cumin

1 t sugar

½ t salt

¼ t fresh ground black pepper

1. Place the black beans, corn, tomato, onion, and parsley in a large bowl and stir gently to combine.
2. Place the garlic, vinegar, olive oil, chili powder, cumin, sugar, salt and pepper in a small bowl and whisk to combine.
3. Pour the dressing over the corn mixture and toss to coat, the salad can be kept at room temperature for up to 6 hours.

Source: Food to Live By, Earthbound Farm Organic Cookbook