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Corn And Black Bean Salad With Lime Dressing

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Category: Bean Salad

Serves/Makes: 8 | Difficulty Level: 3 | Ready In: < 30 minutes

Ingredients:

Dressing

3/4 teaspoon Ground cumin

1/4 cup Fresh lime juice

2 tablespoons Vegetable oil

1 tablespoon Minced jalapeno

1/2 teaspoon Salt; or less

Salad

1 can (11 oz size) Corn kernels; drained

1 can (15 oz size) Black beans; rinsed and drained

1/2 cup Red bell peppers; cut into 1/4" dice

1/2 cup Green bell peppers; cut into 1/4" dice

1/2 cup Sweet onion; cut into 1/4" dice

1/4 cup Chopped cilantro

Directions:

Place the cumin in a small skillet and set over low heat just until the skillet gets warm and the cumin is heated, about 1 minute. Off the heat, add the lime juice and vegetable oil, plus jalapeno and salt, if desired; whisk to blend.

In a large bowl combine the corn, black beans, red and green peppers, onion, cilantro or parsley. Add the lime dressing and toss to coat.

Spoon the salad onto a deep platter or shallow bowl and garnish with sprigs of fresh parsley.

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