

Fresh Corn and Bean Salad Recipe



Ingredients

1 C black beans, cooked
1/2 C chopped Italian pepper or red pepper
1 C **raw** corn, cut off cob
1 C chopped tomatoes
2 Tbsps apple cider vinegar
1/2 C chopped parsley
1/2 C chopped cucumber,
1 Tbsp lime juice
1/2 C chopped zucchini
1/4 tsp Celtic salt
1/2 tsp smoked chipotle or Old Bay seasoning

Method

1. Mix all ingredients in a medium bowl.
2. Chill for 30 minutes for best flavor.
3. Serve.

Note: Swap out any of the herbs for your favorite. Use this to stuff peppers or tomatoes. Bake or have the stuffed veggies raw. Pour on with a dressing or nut-based sauce. We recommend our Spicy Chipotle Sauce.

Super fast, super FRESH! This salad disappears at picnics. But it is so easy to make, you can whip up another batch quickly. I like to chill for 30 minutes, but it is fine served right away.

You can even sprout the beans for an entire RAW dish.

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