

# Corn And Black Bean Salad With Cilantro Dressing

## INGREDIENTS

### *Salad:*

- 1 16-ounce can black beans, rinsed and drained
- 4 ears corn
- 1 each red and yellow bell pepper, diced
- 5 green onions, finely minced
- 1 small red onion, peeled and finely diced

### *Dressing:*

- 2 tbsp. Dijon mustard
- 1/3 cup balsamic vinegar
- 3 tbsp. lime juice
- 2 cloves garlic, peeled and finely minced
- 2 tsp. ground cumin
- 2 tbsp. olive oil
- 1/2 cup chopped cilantro
- Salt and pepper to taste

## PREPARATION

Drop the corn in boiling water for 3-4 minutes. Plunge into ice water; then, when cool, slice off the kernels. Combine with the black beans. Add the red and yellow bell pepper, green onions and red onion. Mix well. In a food processor or blender, combine the mustard, balsamic vinegar, lime juice, garlic and cumin. Combine well. With machine running, drizzle in olive oil. Add salt and pepper. Add the chopped cilantro and process for five seconds.

Pour the dressing over the salad ingredients as needed.

## NUTRITION

Makes 6 servings

Per serving (1 cup): 170 calories;

7g fiber; 3g protein

