

Southwest Black Bean and Corn Salad

From Share Our Strength's Cooking Matters®

Serves 10

Ingredients

- 1 medium bell pepper, diced
- 1 small red onion, diced
- 2 (15 ounce) cans black beans, drained and rinsed
- 1 (15 ounce) can corn, drained and rinsed
- 3 tablespoons canola oil
- 2 tablespoons vinegar (cider vinegar works well)
- 1 teaspoon cumin
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup cilantro, chopped (optional)



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Combine all ingredients in a large bowl. Mix well. Allow to sit for a few hours before serving for best flavor. Serve with chips as a dip, over salad greens or just as a side dish.

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