

Black Bean Salad

8 ounces dried beans (1-15 ounce can cooked)

8 ounces frozen corn kernels blanched

1 green bell pepper

1 small red onion

1 bunch green onion

4 chopped tomatoes

1 bunch chopped cilantro

2 tablespoons garlic

1/4 cup chopped parsley

1/2 teaspoon ground cumin

2 tablespoons olive oil

2 tablespoons lime juice

2 tablespoons balsamic vinegar

2 tablespoons honey



Drain beans and then mix in the next 9 ingredients. In a separate bowl, mix vinegar, honey, lime juice and oil. Add to beans. If you like you can also add jalapeños.

