

Black Bean and Corn Salad with Summer Vegetables



Ingredients:

Dressing / Vinaigrette

Ingredients:

1 tsp Dijon mustard

¼ tsp Sweet Paprika

1 tsp finely minced Garlic (1 medium clove of garlic)

¼ tsp Cumin, ground

¼ C Balsamic vinegar

¼ C Red wine vinegar (substitute rice or apple cider vinegar)

½ tsp Salt (preferably kosher)

¼ tsp Ground black Pepper

½ C Neutral vegetable oil (sunflower, canola or grapeseed)

½ C Olive oil

Method:

Whisk together the mustard, paprika, cumin, minced garlic, vinegars, salt and black pepper in a small bowl. Mix the two oils together and drizzle in slowly until well emulsified. Alternatively, after whisking together the first eight (8) ingredients together, place in a jar and add the oils and shake vigorously. The dressing may separate but shake again before using. There will be more dressing than needed for this recipe – use for a simple green salad with vegetables.

The SALAD:

Ingredients:

4 C Cooked Black Beans (from dried) or canned, rinsed and drained well

2 ½ C fresh Corn (raw) cut off of the cob (3-4 ears)

½ C finely diced Walla Walla onions or other onion (substitute thinly sliced green onions)

1 C diced Cucumber

2 T chiffonade (thin ribbons) of cilantro, basil or parsley

10-12 Cherry tomatoes, halved or quartered, depending on size

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Dressing

Salt and ground black pepper

Juice of ½ lemon or 1 lime

Method:

Place black beans, corn, cucumbers, diced onions, cherry tomatoes and herb (cilantro, basil or parsley) in a non-reactive bowl (stainless steel, glass or ceramic) and mix gently with a spoon. Add a generous pinch of salt, small pinch of ground black pepper and stir together. Add enough dressing, starting with ¼ C to start to coat vegetables and a squeeze of either lime or lemon juice. Taste and adjust to taste, adding more dressing, salt or black pepper.

Note: Can be made the day before or the morning, in which case add the lime/lemon juice just before serving. Other vegetables can be added or substituted, sweet peppers, finely diced summer squash, fennel, or radishes. The ratio of black beans to combined vegetables are best at 1:1.