

BLACK BEAN AND CORN SALAD

Makes 4 servings



INGREDIENTS

- 1 14-ounce can black beans, rinsed and drained
- 2 cups frozen corn kernels
- 1 small red bell pepper, seeded and chopped
- 1/2 red onion, chopped
- 1 1/2 teaspoons ground cumin
- 2 teaspoons hot sauce
- 1 lime, juiced
- 2 tablespoons vegetable or olive oil
- Salt and pepper

INSTRUCTIONS

Combine all ingredients in a bowl.

Let stand at least 15 minutes for corn to fully defrost and flavors to combine, then toss and serve. The corn will also place a quick-chill on this easy side-salad as it defrosts.