



Black Bean and Corn Salad

INGREDIENTS

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 (recommended: Tabasco)

1 lime, juiced

2 tablespoons vegetable or olive oil

Salt and pepper

DIRECTIONS

- 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 quickchill on this easy side-salad as it defrosts -- no need to refrigerate!

Juice of 1 lime equivalent to 2 tablespoons lime juice concentrate