



Tex-Mex Black Bean Salad

YIELDS: 8 servings

PREP TIME: 25 minutes

Ingredients

For Dressing:

- 1 small white onion
- 10 mL (2 tsp) fresh lime juice
- 15 mL (1 tbsp.) canola oil
- 10 mL (2 tsp) cumin
- 1 mL (¼ tsp) chili powder
- 60 mL (⅓ cup) apple cider vinegar
- 5 mL (1 tsp) pasteurized honey
- 1 mL (¼ tsp) black pepper

For Salad:

- 2 cans (540 mL each) black beans
- 2 bell peppers (green, red, yellow or orange)
- 1 green onion
- 125 mL (½ cup) fresh cilantro, plus more for garnish
- 2 ripe avocados
- 500 mL (2 cups) frozen corn

EQUIPMENT: can opener | 3 cutting boards | 3 knives | mixing bowl (large) | mixing bowl (small) | set of measuring cups | set of measuring spoons | strainer | spoon | whisk | small plates for sampling



Figure 1. Tex-Mex Black Bean Salad



Directions

1. Thoroughly wash all produce under cool running water.

Make the Dressing:

2. Finely chop white onion and place in a small bowl. Juice lime and add 10 mL (2 tsp) of juice to bowl. Add canola oil, cumin, chili powder, apple cider vinegar, honey and black pepper. Whisk to combine.

Make the Salad:

3. Rinse tops of bean cans. Thoroughly rinse and drain beans using strainer. Place in large bowl.
4. Chop peppers, green onion, and cilantro and add to bowl. Add frozen corn (without cooking) to the bowl.
5. Add dressing to the salad and toss to combine.
6. Cut avocado in half, scoop out the green portion and dice.
7. When ready to serve, gently mix avocados into the salad, being careful not to mash them.

CHEF'S TIP: Canned products like canned lentils, chickpeas, and black beans are often preserved with salt. Always drain and thoroughly rinse in a strainer before use.