

Sarah's Healing Touch

Black Bean and Corn Salad

Ingredients:

- 2 C. dried black beans cooked or 2 15 ounce cans
- 1/3 C. freshly squeezed lime juice
- 1/2 C. olive oil
- 1 garlic clove minced
- 1 t. sea salt or real salt
- 1/8 t. cayenne pepper
- 2 ears of corn kernels cut off the cob or 1 1/2 c, (thawed) frozen corn
- 1 avocado cut into pieces
- 1 small red bell pepper cut into pieces
- 2 medium tomatoes cut into pieces
- 6 green onion chopped
- 1 fresh hot chile seeded and minced
- 1/2 C. chopped fresh cilantro

Directions:

Put the lime juice, oil, garlic, salt, and cayenne in a small jar cover with lid and shake to mix. Combine all ingredients. Can be prepared a few hours ahead but do not let avocado brown.

Rejuvenate Refresh Relax