

Black Bean and Corn Salad

2 tablespoons	Extra virgin olive oil
2 tablespoons	Vinegar and lime juice - one of each
½ cup	Black beans, drained and rinsed
½ cup	Corn, drained if frozen; cooked and sliced from cob if fresh
½ cup	Red and green peppers, chopped
½ cup	Chopped red tomato
¼ cup	Chopped red onion

Mix together beans and vegetables.

For dressing, use a ratio of half vinegar, half lime juice beaten with the olive oil.

Spices: cumin, chili pepper, salt, pepper; also, chopped fresh parsley, mint or cilantro makes a tasty addition.

Calories	450
Vegetables	2.5
Starch	2 (1: black beans, 1: corn)