

THE CULINARY

Playground



Black Bean Salad with Vinaigrette

Servings: 6-8

Ingredients:

- 2 15-ounce cans black beans, rinsed and drained
- 3 ears fresh-cooked corn, kernels cut off the cob
- 2 red bell peppers, diced
- 2 cloves garlic, minced
- 3 scallions, white & green parts
- 2 teaspoons salt

Dressing:

- ½ jalapeno, seeds removed and minced
- 2 tablespoons honey
- ½ cup extra virgin olive oil
- 1-teaspoon lime zest (be sure to zest limes before juicing them)
- ½ cup plus 2 tablespoons fresh lime juice
- 1/2 cup chopped fresh cilantro, plus more for garnish
- 2 Hass avocados, chopped

Instructions:

Combine first 6 ingredients except for avocados in a large bowl and mix well. For the dressing combine all ingredients and add to the bean salad.

Cover and chill for a few hours or overnight. Right before serving, add avocados and mix gently, being careful not to mash avocados. Garnish with a more chopped cilantro if desired. Serve at room temperature.