

# THE CULINARY

## Playground



### **Black Bean Salad with Vinaigrette**

Servings: 6-8

- 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

Combine first 5 ingredients, sprinkle with salt and stir.

#### Dressing:

- 2 tablespoons honey or agave nectar
- 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 Haas avocados, chopped
- ½ jalapeno, seeds removed and minced, if desired.

Combine first 6 ingredients in a large bowl and mix well (all except avocado).

Pour dressing over bean salad.

Cover and chill at least 15 minutes up to 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.

### **Tortilla Chips**

- Corn tortillas
- Vegetable oil
- sea salt

Preheat oven to 400 degrees.

Brush one side of each of the corn tortillas with a light layer of vegetable oil.

Cut the tortillas into 8 wedges or shapes as desired.

Place tortilla pieces on a single layer on a baking sheet.

Sprinkle with salt.

Bake 10 to 12 minutes or until lightly browned.