

**Tomato-Corn Salad with Black Beans** (“366 Delicious Ways to Cook Rice, Beans and Grains”  
Andrea Chesman)

Yield: 4-8 servings

*Bread is essential with this salad-and anything goes. Corn bread is lovely, but a good French bread or even a hearty whole wheat loaf will also make a pleasing accompaniment.*

1 yellow bell pepper, diced  
1 green bell pepper, diced  
1 English cucumber, diced  
½ red onion, diced  
3 cups corn, scraped off the cob (about 6 ears)  
3 large vine-ripened tomatoes, cubed  
¼ cup chopped fresh parsley  
¼ cup chopped fresh cilantro  
4 Tbsp red wine vinegar  
2 Tbsp extra-virgin olive oil  
salt and freshly ground black pepper  
3 cups cooked black beans

At least 1 hour before serving, combine the yellow and green bell peppers, cucumber, onion, corn, tomatoes, parsley and cilantro in a large bowl. Add the vinegar, olive oil, and salt and pepper to taste and toss well. Taste and add more salt if needed. Set aside for at least 1 hour. Just before serving, mix in the black beans.