



Black Bean, Corn and Red Pepper Salad with Chile-Lime Dressing

Here's a vibrant, colorful salad with many uses: a side dish, a topping for fish or chicken, or as a dip with chips.

Serves 6-8

From "Raising the Salad Bar" by Catherine Walthers, Lake Isle Press, 2007

INGREDIENTS

SALAD

1 1/4 cups dried black beans, soaked overnight,
or 2 cans (15 –ounces each) black beans

Kernels from 2 ears fresh corn (about 2 cups)

1 red bell pepper, roasted or raw, diced

3 scallion greens, very thinly sliced

1/4 cup minced red onion

1/4 cup chopped fresh cilantro

CHILE-LIME DRESSING

1/2 teaspoon ground cumin

1/2 teaspoon chile powder

Pinch of cayenne or ground chipotle pepper

6 tablespoons fresh lime juice

5 tablespoons olive oil

1/2 teaspoon salt, or to taste

PREPARATION

1. In a large saucepan, cover the soaked, drained beans with 2 inches of water and bring to a boil. Reduce heat and simmer, partially covered, until beans are cooked through but still whole, about 50 to 60 minutes. Drain and let cool. If using canned beans, drain and rinse well. Steam the corn kernels for 3 minutes; set aside to cool.
2. In a medium bowl, combine the beans, corn, red pepper, scallions and red onion.
3. To make the dressing, in a separate bowl, whisk the spices, lime juice, oil and salt. Add to salad and mix well. Just before serving, add the cilantro.

