

Taste of Home



Corn and Black Bean Salad

★★★★☆

This colorful, crunchy black bean and corn salad is chock-full of easy-to-swallow nutrition that all ages will love. Try it with a variety of summer entrees, or as a wholesome salsa! —Krista Frank, Rhododendron, Oregon

TOTAL TIME: Prep: 15 min. + chilling

YIELD: 8 servings.

Ingredients

1 can (15-1/4 ounces) whole kernel corn, drained

1 can (15 ounces) black beans, rinsed and drained

2 large tomatoes, finely chopped

1 large red onion, finely chopped

1/4 cup minced fresh cilantro

2 garlic cloves, minced

DRESSING:

2 tablespoons sugar

2 tablespoons white vinegar

2 tablespoons canola oil

1-1/2 teaspoons lime juice

1/4 teaspoon salt

1/4 teaspoon ground cumin

1/4 teaspoon pepper

Directions

1. In a large bowl, combine the first 6 ingredients. In a small bowl, whisk dressing ingredients; pour over corn mixture and toss to coat. Cover and refrigerate at least 1 hour. Stir before serving. Serve with a slotted spoon.

