



Corn salad with Black bean

Ingredients

- ½ cup olive oil
- ⅓ cup fresh lime juice (about 2 limes)
- 1 clove garlic, minced
- 1 teaspoon salt
- ⅛ teaspoon ground cayenne pepper (optional for heat)
- 2 (15-ounce) cans black beans, rinsed and drained
- 1½ cups frozen corn kernels, thawed
- 1 ripe avocado, peeled, pitted, and diced
- 1 red bell pepper, chopped
- 2 medium tomatoes, chopped
- 6 green onions, thinly sliced
- ½ cup chopped fresh cilantro

Instructions

1. **Make the dressing:** In a small jar or bowl, combine olive oil, lime juice, garlic, salt, and cayenne pepper. Shake or whisk until emulsified and well blended.
2. **Assemble the salad:** In a large bowl, combine black beans, corn, avocado, red bell pepper, tomatoes, green onions, and cilantro.
3. **Dress and toss:** Give the dressing one more shake or whisk, then pour over the salad. Gently toss everything together until evenly coated.
4. **Serve immediately**, or chill for 15–30 minutes to allow flavors to meld.