

Black Bean Salad

Serves 6-8

- 1 can black beans, rinsed and drained
- 246 g cups corn kernels, defrosted if frozen
- ½ C chopped scallions, shallots (or 17g sliced red onion)
- ½ jalapeño pepper, seeded and minced
- 1 red bell pepper, seeded and chopped (and/or 3 plum tomatoes, seeded and chopped)
- 2 T lime juice
- 1 T extra-virgin olive oil
- 1 avocado, cut into chunks
- ½ to 1 tsp sugar
- Salt and pepper to taste
- ½ C chopped fresh cilantro



1. In a large bowl, gently mix the **black beans, corn, scallions, jalapeños, tomatoes or red bell pepper, lime juice, and olive oil.**
2. Gently fold in the chopped **avocados.**
3. Season and chill:
4. Add **salt** and **pepper** to taste. Sprinkle with **sugar** to taste, enough to balance the acidity from the lime juice. Chill.
5. Right before serving, add the chopped fresh **cilantro** (pak chee).