BEAN & CORN SALAD

**INGREDIENTS**

2 cans black beans (15 oz each)
2 cups corn, fresh or frozen
½ cup red onion, diced
1 whole red bell pepper (1 ½ cups diced)
½ bunch cilantro chopped, stems and all (1 ½ cups chopped)
½ jalapeño (remove seeds if you want to reduce the spiciness)
1 cup fresh diced tomato

**Dressing:**

1 lemon, juiced (1/4 cup)
1 lime, juiced and zested
¼ cup olive oil
½ tsp ground cumin
½ tsp chili powder
½ tsp salt, or to taste

**METHOD**

Mix all salad ingredients together in a large bowl.

Measure all the dressing ingredients into a jar, place the lid on top and shake together.

Pour dressing over the salad, toss together, and enjoy

**Notes:**

- Recipe can be heated if desired for a warm salad.
- Be careful to wash hands after chopping jalapeños, and do not rub your eyes!