BLACK BEAN CONFETTI SALAD

Adapted from SmittenKitchen.com

INGREDIENTS

3 (15-oz) cans black beans, drained and well rinsed (This is equivalent to 1½ cup of dry beans if you are going to soak and cook them yourself, or about 4 cups of cooked beans.)

4 bell peppers, a mix of colors, chopped into a small pieces

½ of a large onion – any kind (If you don’t care for raw onion, just leave this out.)

a handful of torn cilantro leaves

juice of 2 – 3 limes

6 tablespoons olive oil

2 teaspoons ground cumin

1 – 1 ½ teaspoons salt

1 tablespoon honey

a pinch of cayenne pepper, optional

METHOD

Mix beans, bell peppers, onions and cilantro in a large bowl. In a separate, smaller bowl, whisk remaining ingredients together into a dressing.

Ideally, you’ll have about ½ cup of dressing.

Pour it over the bean mixture, mix well, and adjust seasonings to taste.

This delicious salad can be eaten on top of salad greens, in tacos, or just scooped up with tortilla chips and enjoyed on its own.