

# 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.