



Tomato, Corn and Bean Salad

Ingredients

- 3 tomatoes, seeded and chopped
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 1 cup corn (fresh, lightly steamed) or canned (drained and rinsed)
- 2 cloves garlic (minced)
- 1 15-ounce) can black beans (drained and rinsed)
- ¼ cup lemon or lime juice
- 3 Tablespoons of vegetable oil
- ⅛ teaspoon cayenne pepper
- Salt and pepper to taste
- 2 Tablespoons of fresh cilantro, chopped

Directions

In a large bowl, combine the tomatoes, onion, bell pepper, corn, garlic and beans. In a small bowl, whisk together the lemon juice, oil and cayenne pepper, and pour mixture over the salad. Gently stir to combine. Add salt and pepper to taste and chill for at least 30 minutes.

Versions of this recipe have been passed down from previous generations. Vegetables and spices can be substituted and it still tastes great! Serve with a side of chips or use as a topping on grilled chicken or fish. Combine with pasta to make it a meal.