

Salad with Black Beans Recipe

This recipe is highly-rated. It serves approximately six people.

Ingredients

For the Salad:

- 2 (15 ounce) cans black beans, rinsed and drained
- 1 ½ cups frozen corn kernels, thawed
- 1 large avocado, peeled, pitted, and diced
- 1 red bell pepper, chopped
- 2 medium tomatoes, chopped
- 6 green onions, thinly sliced
- ½ cup chopped fresh cilantro

For the Lime-Garlic Vinaigrette:

- ½ cup olive oil
- ⅓ cup fresh lime juice
- 1 clove garlic, minced
- 1 teaspoon salt
- ⅛ teaspoon ground cayenne pepper

Instructions

1. **Prepare the Dressing:** In a small jar with a tight-fitting lid, combine the olive oil, fresh lime juice, minced garlic, salt, and cayenne pepper. Shake vigorously until the dressing is well combined.
2. **Combine Salad Ingredients:** In a large bowl, mix together the rinsed black beans, thawed corn, diced avocado, chopped red bell pepper, chopped tomatoes, sliced green onions, and fresh cilantro.
3. **Toss and Serve:** Just before serving, shake the dressing again and pour it over the salad. Toss gently to coat all the ingredients evenly. The salad can be served immediately or chilled.

A Note on Preparation: Many home cooks suggest a few key adjustments. To prevent the avocado from browning, it's best to add it right before you toss the salad with the dressing. Additionally, some find the original recipe's ½ cup of olive oil to be excessive and recommend reducing it to ¼ cup or even less, adjusting to personal taste.