



## Black Bean and Corn Salad

*Salads*

**makes** Yield: 8 **source** [Bowlofdelicious.com](http://Bowlofdelicious.com)

### INGREDIENTS

#### FOR THE DRESSING:

- 1/4 cup olive oil
- 2 teaspoons honey
- zest and juice of 2 limes
- 1 t. ground cumin
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon cayenne pepper

#### FOR THE SALAD:

- 3 cans black beans, drained and rinsed
- 16 oz. (about 3 cups) frozen corn, thawed and patted dry
- 2 jalapeño peppers, de-seeded and diced
- 1 bell pepper, diced (I used 1/2 red and 1/2 orange for color)
- 1/2 cup roughly chopped fresh cilantro
- 1/2 cup chopped red onion
- 1/4 cup chopped Parsley Optional

### DIRECTIONS

Whisk together olive oil, honey, lime juice, salt, pepper, and cayenne pepper in a large bowl.

Add remaining ingredients to bowl. Taste and adjust seasonings if necessary.

Mix and refrigerate for at least 30 minutes.

Serve cold.