Black Bean & Corn Salad

Grocery List

* 540 ml can Black Beans, drained and rinsed
* 1 cob Peaches and Cream corn
* 2 Green Onions, sliced
* 2 Tbsp. chopped fresh Cilantro
* 1 Lime, zest & juice
* 2 Tbsp. EVOO
* Pinch Red Pepper Flakes
* ¾ Tsp. Sea Salt
* Pinch Black Pepper

Prep Time: 15 Min

Cook Time: 6 Min

1. Bring a large pot of cold, salted water to a boil on high. Drop the corn in and give it 5 or 6 Minutes. Strain and transfer to an iced bath to stop from cooking and cool down to use.
2. In a medium sized mixing bowl, combine all ingredients. Slice the corn from the cob and add it to the bowl. Stir to combine all ingredients and add more salt and pepper to taste.
3. Transfer to a serving bowl.