



BEAN AND CORN SALAD

MATERIALS:

Can opener
Colander
Cutting board
Large bowl

Measuring spoons
Mixing spoon
Sharp knife

INGREDIENTS:

1 medium bell pepper
1 small red onion
2 (15½-ounce) cans beans
1 (15¼-ounce) can corn kernels, no salt added
3 Tablespoons canola oil
2 Tablespoons vinegar
1 teaspoon cumin
¼ teaspoon salt
½ teaspoon ground black pepper
Optional Ingredients
¼ cup fresh cilantro leaves

Serves: 10; 3/4 cup per serving

Recipe adapted from Share Our Strength's Cooking Matters®

Find more recipes online at: www.gcfb.org/recipes_resources

DIRECTIONS:

1. Rinse and dice bell pepper, removing core and seeds. Peel, rinse, and dice onion.
2. If using, rinse and chop cilantro leaves.
3. In a colander, drain and rinse beans and corn.
4. In a large bowl, add pepper, onion, peas, corn, cilantro if using, and remaining ingredients. Mix well.

Chef's Notes:

- Dried black-eyed peas may be cheaper than canned. If using dried, cook according to package directions until peas are soft but not mushy. Drain, rinse, and add 3 cups cooked peas to salad. Use leftovers in other recipes later in the week.
- Try chilling the salad. Serve it over cooked spinach or kale.
- Use any type of vinegar you have on hand. Try balsamic, cider, or red or white wine vinegar.
- Use black eyed peas in place of beans if you like.
- When corn is in season, use fresh in place of canned. Cook 4 medium ears corn. Remove kernels from cob with a knife. Add to salad.