

BLACK BEAN FIESTA SALAD

From *Eat Free: No Gluten, No Sugar, No Guilt* by Rhiannon Lawrence

Ingredients:

- 1 can black beans, rinsed
- 1 c. corn, fresh or frozen
- 1 large ripe tomato, diced
- ½ c. chopped cilantro
- 3 bell peppers, diced (red, orange, yellow, green, or purple)
- 1 large or 2 small avocados, cut into small cubes
- Juice from 1-2 limes (for flavor and to prevent browning)
- 2 Tbsp. Italian seasoning (plus extra for garnish)
- Ground black pepper and salt to taste

Directions:

1. Rinse black beans in colander and place in large mixing bowl. Add corn to beans.
2. Dice peppers and tomatoes into similar sized pieces and add to beans & corn.
3. Add cilantro, lime juice, and Italian seasoning and mix well.
4. Season salad with salt and pepper to taste.
5. Chill in refrigerator for 30 minutes to an hour to allow flavors to combine.