

Black Bean Summer Salad

Ingredients:

- 2 – 16oz cans of black beans
- 2+ cups of frozen corn
- 1 to 2 avocados
- 2 cups cherry tomatoes (halved)
- 1 green bell pepper (chopped)
- ½ bunch of green onions
- Chopped cilantro to suit your taste
- 2 lemons (juice only)
- Salt and pepper to taste

Instructions:

All you really need is a bowl, can opener, colander, cutting board, knife and spoon.

- 1.) Open cans of black beans and rinse beans colander and put into large bowl.
- 2.) Measure out about 2 cups of frozen corn and put into the bowl. You can add more or less corn if you like. I like to see and pretty even ratio of beans to corn.
- 3.) Half the avocado and remove the pit. Spear it with the length of your knife blade. Try not to go too deep. That will make the pit hard to get off the knife. Use a wooden spoon or the edge of a cutting board to knock the pit off the knife. Do not use your hands to remove the pit from the knife – that may not end safely! Then carefully score the avocado flesh with your knife cut from top to bottom. Then score horizontally and use a spoon to scope out your avocado into the salad.
- 4.) Slice cherry tomatoes in half and chop up your bell peppers, cilantro, and your green onions.
- 5.) Juice your lemons and be sure to watch for the seeds.
- 6.) Then salt and pepper to taste and give your salad a good stir.

Simple and delicious!!!

