

Black Bean and Corn Salad

Ingredients for 4 servings

- 1 – 14 oz can low sodium black beans rinsed and drained
- 2 cups frozen corn kernels (9.5 oz)
- 1 small red bell pepper chopped
- ½ red onion chopped
- 1 ½ tsp ground cumin
- 2 tsp hot sauce
- 1 lime, juiced
- 2 tablespoons olive or vegetable oil
- Salt and pepper to taste

Directions

Combine all ingredients. Let stand for 15 minutes to allow corn to defrost. Toss to ensure flavors are combined and serve.