



SAVE  MORE
THAN FOOD
MAKE A DIFFERENCE

BLACK BEAN, CORN & TOMATO SALAD

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INGREDIENTS



BLACK BEANS
2 cups
(1 cup of dried beans)



CORN
2 cups
grilled or boiled



TOMATOES
1 cup
diced



CILANTRO
 $\frac{1}{2}$ cup
chopped
(including stems)



1 LIME
juiced



SALT
 $\frac{1}{2}$ tsp



2 AVOCADOS
cubed
(optional)

FOOD SAVING HACKS

Have leftover corn on the cob? Cut off the kernels and freeze them in a labeled reusable container. It's an easy way to enjoy a taste of summer as a delicious holiday side dish.

INSTRUCTIONS

1. If using dried beans, cook them according to the package instructions until tender. Let cool.
2. Dice the tomatoes, chop the cilantro (including the stems) and cube the avocados (if using).
3. In a large bowl, combine the black beans, corn, tomatoes and cilantro.
4. Add the lime juice and salt, then gently stir to mix everything evenly.
5. If using avocado, add it last and fold it in gently to avoid mashing.
6. Taste and adjust seasoning if needed. Enjoy as a salsa or a side dish.

SAVE MORE THAN FOOD! This recipe tastes great on its own, but for more ways to use it, you can spoon it over grilled chicken, fish or baked sweet potatoes for an easy meal upgrade.