

BLACK BEAN AND CORN SALAD

Easy Recipe

This black bean and corn salad is a colourful concoction that's bursting with flavour! With each crunchy bite, your taste buds will be doing a happy dance. So grab your forks and get ready to explore this zesty salad that's perfect for any meal!

PREP TIME:

10 minutes

COOKING TIME:

N/A

AMOUNT RECIPE MAKES:

6 servings

SKILLS USED:

Measuring, cutting, whisking, mixing/stirring

[Adapted from Canada's Food Guide](#)

Nutrition Nuggets: Peppers have vitamin C in them, which helps keep our immune system strong. They're also a great source of vitamin A, which is important for good vision.

Leftover Love: If you have some leftover black bean and corn salad, you can turn it into all sorts of tasty dishes. How about making cheesy quesadillas with the salad inside? Or serving the salad over cooked rice, topped with avocado, salsa, sour cream, and any other toppings you like for a customizable bowl? You could even blend it up with avocado and Greek yogurt to make a creamy dip for chips and veggies. The possibilities are endless!

Food for Thought: Corn comes in all sorts of cool colours – not just yellow! It can be red, blue, purple, and even multicoloured. These different colours of corn are called "heirloom varieties".

EQUIPMENT:

- Large bowl
- Can opener
- Colander
- Knife
- Cutting board
- Measuring cups and spoons
- Citrus juicer/reamer (optional)
- Whisk
- Spoon for mixing/stirring

INGREDIENTS:

- 1 can (540 mL/19 oz) black beans, rinsed and drained
- 1 can (540 mL/19 oz) corn kernels, rinsed and drained
- 2 tomatoes, chopped finely
- 1 red, orange, or yellow bell pepper, diced
- 1/4 cup cilantro, chopped
- 3/4 cup cooked chicken, diced (optional)
- 1 tablespoon lime juice (about 1/2 lime)
- 1 tablespoon olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- Salt and pepper, to taste

DIRECTIONS:

1. In a large salad bowl, combine black beans, corn, tomatoes, bell pepper, cilantro and cooked chicken.
2. In a small bowl, whisk lime juice, olive oil, cumin, and garlic powder. Add salt and pepper, to taste.
3. Drizzle over top of salad and mix to coat.