

Lifestyle Coaching and Food Institute



Black Bean Salad with Corn, Avocado, & Lime Vinaigrette

Yield: 6-8 Servings Cost Per Serving: N/A Cook Time: 15 minutes

Ingredients:

- 2 (15oz) cans black beans (drained and rinsed)
- 3 ears fresh cooked corn kernels (cut off the cob)
- 2 red bell peppers (diced)
- 2 garlic cloves (minced)
- 2 Tbsp shallots (minced)
- 2 tsp salt

- ¹/₄ tsp cayenne pepper
- 9 Tbsp extra virgin olive oil
- 1 tsp lime zest
- 6 Tbsp fresh lime juice
- ¹/₂ cup chopped fresh cilantro
- 2 avocado (chopped)

Directions:

- 1. Combine all ingredients except for avocados in a large bowl and mix well.
- 2. Cover and chill for a few hours or overnight.
- 3. Right before serving, add avocados and mix gently, being careful not to mash avocados.
- 4. Garnish with more chopped cilantro if desired.
- 5. Serve at room temperature.