

Black Bean Salad

Ingredient

- 2 cups of chopped romaine lettuce
- 1 cup of cooked black beans
- 1 cup of cooked organic whole kernel corn
- 1/3 cup of red bell pepper (finely chopped)

For dressing

- 1 clove garlic (minced)
- 1 tbsp. of Extra Virgin Olive Oil
- 1 tbsp. of limejuice
- 1 tbsp. of fresh cilantro (finely chopped)
- Salt and pepper to taste

Directions:

Combine olive oil, limejuice, garlic, salt and pepper in a small bowl and put in the refrigerator for at least 3 hrs. In a large bowl, add the beans, corn, bell peppers and romaine lettuce, and pour in the dressing. Gently toss.