



summer black bean and corn salad

ingredients

2 cans organic black beans
1 can corn kernels
1/2 jar corn and chile salsa (Trader Joe's)
2 limes
1/4 cup fresh cilantro, chopped
1 teaspoon salt
a wooden spoon



drain and rinse black beans. drain the corn; combine with salsa in a large bowl. add the juice from the limes, cilantro and salt. toss gently to combine.

serve chilled or at room temperature.

if i'm wearing an apron, shit's about to get crazy in the kitchen...