



Bayview Beach Black Bean Salad



Gluten-free, vegetarian, vegan

This is a great salad to make at home and then bring to the beach to enjoy!

Ingredients:

- 2 medium tomatoes, chopped (about 1 cup)
- 1 jalapeño pepper, seeded and minced
- 1 small red onion, chopped (about ½ cup)
- ¼ bunch cilantro (about 2 tablespoons)
- 1 can of corn, drained (or about ¾ cup fresh kernels)
- ½ teaspoon chili powder
- 1 can of black beans, drained & rinsed
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- salt and black pepper to taste

1. Mix all ingredients and stir until everything is evenly distributed.
2. Serve over your favorite cooked grain, as a dip with tortilla chips, or use the recipe on page 10 to make your own tortillas!