

## Time2Thrive's Black Bean Corn Summer Salad:



I love this salad for a few reasons: it uses all that is summer, it provides protein, and it can be made ahead. In fact, it is BETTER if you let it sit for a few hours in the frig. We can make a batch of this and it keeps a few days in frig. Not to mention it is really pretty!

### Ingredients

- 1 cup fresh cooked corn (I used 2 cobs), cooled and cut (can use frozen organic corn also)
- 4 green onions or scallions (white parts only) chopped fine OR ¼ cup finely diced red onion
- 1 can (16 ounces) organic black beans
- 1 small handful (½ small bunch) of chopped fresh cilantro (or basil if you don't like cilantro)
- 1 pint grape tomatoes, sliced in half or quarters (cut large cherry tomatoes into quarters)
- ~ 20-30 green olives, sliced in half

### Dressing:

- 4 tbsp. lemon juice (can use lime also, but I prefer lemon)
- ½ tsp. ground cumin
- ½ tsp. ground coriander
- ¼ tsp. cayenne pepper
- 4 tbsp. extra virgin olive oil or walnut oil
- ½ tsp. ground sumac (optional, but adds a nice burst of lemony flavor)
- 2 tsp. honey, to taste
- pinch salt

Finely chop onions. Drain and rinse the black beans. Add the beans, corn and onions and cilantro to a large mixing bowl. Stir. Dressing: In a small glass jar (or bowl), add the lemon juice, cumin, coriander, and cayenne pepper and oil. Shake or whisk together. Add honey to taste, you may not need it all, you want the dressing to not taste sweet, but honey cuts the vinegar, and helps mellow it out.

Pour dressing over black bean mixture. Stir and put in refrigerator. Makes a great side dish to grilled veggies or meat, or atop a salad. Put in frig for up to 72 hours.