

Fiesta Salad

Adapted from www.strongertogether.coop

Provided by Placer/Nevada UC CalFresh Nutrition Education Program and the Auburn Interfaith Food Closet



RECIPE TYPE: Side Dish, Salad

SERVES: 4

PREP TIME: 10 minutes

CHILL TIME: 30 minutes

INGREDIENTS:

- 1 can (15-oz.) corn, drained (or 1¾ cup frozen corn, thawed)
- 1 can (16-oz.) beans, drained and rinsed (or 1¾ cup cooked beans)
- 1/4 cup red onions, diced
- 1/4 cup red bell pepper, diced
- 2 tablespoons lime juice or vinegar
- 3 tablespoons honey
- 1/4 cup fresh cilantro, chopped
- 1 teaspoon garlic, minced
- 1 teaspoon chili powder
- 1/2 teaspoon cumin (optional)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

DIRECTIONS:

- 1 Drain and rinse the corn and beans (if canned).
- 2 In a small bowl, whisk together the lime juice (or vinegar) and honey. Add cilantro, garlic, chili powder, cumin, salt and pepper, and mix well.
- 3 In a larger bowl, combine the corn, beans, red onions, and bell pepper.
- 4 Toss with dressing, and chill at least 30 minutes.

