



Black Bean Summer Salad

Makes 12 Side Servings



Gather

- Can Opener
- Measuring Spoons
- Measuring Cups
- Chef's Knife
- Cutting Board
- Airtight Container
- Wooden Spoon or Spatula
- 2 Cans of Black Beans
- 1 Can of Whole Kernel Corn
- 1/2 Cup of Chopped Red Onion
- 1 Can or 1 Cup of Diced Tomato
- 1/4 Cup of Chopped Cilantro
- 1 Teaspoon of Salt

*Pro Tip: Use already chopped tomato, red onion, or cilantro from the produce section!



Get Ready

- Add the canned vegetables to the airtight container.
- Chop the onion, tomato, and cilantro, and add to the airtight container.*
- Measure and add the salt to the airtight container.



Combine

- Using a wooden spoon or spatula mix it together, OR put the top on and give it a good shake.



Refrigerate

- Place the container in the refrigerator until ready to serve and for up to 3-5 days.



Finish & Serve

- Serve as a side dish in small bowls.
- If serving at a party, discard any leftover salad after 2 hours. To decrease waste, put smaller amounts out at a time.