

Spicy Southwest Two-Bean Salad

This spicy summer salad is great on its own as a light lunch or dinner, served with your favorite Mexican dish, or as a side dish with veggie burgers.

Serves 6

Ingredients

- 1 15-ounce can pinto beans, drained and rinsed
- 1 15-oz. can black beans, drained and rinsed
- 1 and ½ cups frozen thawed corn
- 2 cups chopped tomatoes
- 1 and ½ cups chopped bell pepper
- ½ cup finely-chopped red onion
- 1 small jalapeño, very finely chopped (remove seeds if you want it less spicy)
- ¼ cup chopped cilantro (optional)
- 1 avocado, cubed



Dressing

- ¼ cup extra virgin olive oil
- ¼ cup lime juice
- 1 tbsp. agave nectar
- 2 tsp. dried oregano
- ½ tsp. salt
- ¼ tsp. pepper

Directions

- 1) In a large serving bowl, combine pinto beans, black beans, corn, tomatoes, bell pepper, onion, jalapeño, cilantro, and avocado. (If you are not serving the salad immediately, add avocado at the last minute).
- 2) In a small bowl, whisk together dressing, pour over salad, and toss.
- 3) For best taste, let the salad marinate a bit before serving.