

Idiot's Kitchen Recipe – Black Bean Confetti Salad

Recipe from www.idiotskitchen.com



Ingredients:

4 cups black beans, drained & rinsed
2-3 ears of corn, kernels cut off the cob (about 1 ½ cups)
2 red bell peppers, chopped
1 shallot, chopped – or ¼ cup chopped red onion
2-3 cloves garlic
½ cup cilantro, chopped (or parsley)
Zest from 1 lime
¼ cup lime juice – about 2-3 limes
¼ cup olive oil
Dash cayenne pepper
Dash cumin (optional but encouraged)
Salt & Pepper
Avocado, cubed (optional)

For the best value, cook your own beans. Soak 1 pound of dry black beans in water overnight. The next day, drain the water and refill the pot with 6 cups of fresh water. Bring the beans to a boil, turn the heat down to low, and simmer for 1 – 1 ½ hours until the beans are tender but not falling apart. Drain and rinse.

OR use 2 cans of black beans that have been drained and rinsed.

If you have access to fresh corn, remove the kernels from 2-3 ears of corn. Zap it in the microwave for 1 minute to cook slightly. In a large mixing bowl, combine the corn, 2 chopped red bell peppers, 1 chopped shallot, and 2-3 cloves of finely chopped garlic. Add ½ cup (or more) chopped fresh cilantro. If you are a cilantro hater, use fresh flat leaf parsley instead. Add 4 cups of drained and rinsed black beans.

With a microplane or other small grater, zest the outer green part off of 1 lime and add it to the bowl. Squeeze 2-3 fresh limes to equal ¼ cup. Add the lime juice and ¼ cup of olive oil to the salad. Season with salt and pepper. Add a dash of cayenne and a dash of cumin for extra flavor.

Mix the salad together, cover and refrigerate for a few hours for the best flavor. Just before serving, you have the option of adding a cubed avocado. However, omit the avocado if you are not going to eat all of the salad at one sitting as it will turn brown.

Great served cold or at room temperature. Even better the next day!