

THAI STYLE BLACK BEAN SALAD

1 15 oz can black beans, drained & rinsed	1 t minced fresh ginger
1 c canned corn kernels, drained	3 T Oriental sesame oil
½ c diced celery	2 T rice vinegar
½ c diced onion	1 T freshly squeezed lime juice
½ c diced red bell pepper	salt
¼ c chopped fresh cilantro leaves	lettuce leaves, optional
1 jalapeño chili, stemmed, seeded & minced	Lime slices, optional
2 cloves garlic, minced (2 t)	red bell pepper rings, optional

In a large bowl, combine black beans, corn, celery, onion, bell pepper, cilantro, jalapeños, garlic & ginger. In a small bowl, whisk sesame oil with vinegar & lime juice, pour over bean mixture and toss to combine. Season to taste w/salt. Chill until ready to serve.

4 servings.

Calories: 259, Carbohydrate: 30.5 grams, Protein: 9 grams, Fat: 11 grams.