



# Recipes

## Beans

### **Black Bean Salad**

*Prep Time: 15 minutes*

*Yield: 4 servings*

#### **Ingredients:**

½ cup minced onion  
2 medium cloves garlic, pressed  
2 cup black beans or 1 15 oz can, drained and rinsed  
1 cup frozen corn, thawed  
8 cherry tomatoes, quartered  
½ cup diced red bell pepper  
2 tablespoons pumpkin seeds, coarsely chopped  
¼ cup chopped fresh cilantro  
2 tablespoons extra virgin olive oil  
3 tablespoons fresh lemon juice  
Salt and black pepper to taste

#### **Directions:**

1. Mince onions and press garlic and let sit for at least 5 minutes.
2. Mix all ingredients together and serve. This salad will keep for a couple of days and gets more flavorful if you let it marinate in the refrigerator for awhile.