

FIESTA BLACK BEAN SALAD

SERVES 20 Adapted from *Inspired Cooking*

Whisk dressing ingredients in small bowl. You may also use an immersion blender to fully emulsify.

For salad, combine black beans, corn, peppers, onions, and cilantro in a large bowl. Add dressing and toss.

Garnish with crumbled feta cheese and cilantro sprigs (optional).

DEEDEE'S NOTES:

- Salad may be prepared 1 day in advance.
- Increases well.
- You may want to serve cilantro on the side. For some, cilantro tastes like dish soap. It is verifiable: “How cilantro tastes to you has a lot to do with your genes,” says SciShow’s Hank Green. “Scientists were able to pin down most cilantro haters as people with a shared group of olfactory-receptor genes, called OR6A2, that pick up on the smell of aldehyde chemicals. Aldehyde chemicals are found in both cilantro *and* soap.” – Huffington Post



INGREDIENTS

DRESSING

- ½ cup olive oil*
- ¼ cup grapeseed oil*
- ¼ cup lime juice*
- 1 tbsp ground cumin*
- 1½ tsp Dijon mustard*
- ½ tsp minced garlic*
- ½ tsp salt*
- ½ tsp pepper*

SALAD

- 2 15-oz cans black beans, rinsed and drained*
- 2–3 ears corn, kernels cut off cobs**
- ½ red bell pepper, chopped*
- ½ yellow bell pepper, chopped*
- ½ cup chopped fresh cilantro*
- ⅓ cup chopped green onions*
- Crumbled feta cheese, optional*
- Cilantro sprigs, optional*

* You may substitute 10 oz of frozen corn or 1 can of white corn for the fresh corn.