

# Black Bean and Corn Salad



This yummy salsa is courtesy of Coach Chris! It's delicious!

## Ingredients:

2 cans black beans, drained and rinsed  
1c frozen corn (maybe more for ratio),  
thawed under cold water (or 1 can, rinsed  
and drained)  
½ red onion – depends on how much onion  
you like, finely diced  
1 jalapeno, finely diced  
1 avocado, cut into cubes  
Cilantro, to taste, coarsely chopped  
2c cooked sorghum or other grain of choice  
(quinoa, farro, rice)

## The Dressing:

Mix all in a jar with a lid (or whisk all in a bowl):

3 limes – zest of 1 and juice of 2

¼ - ½ c olive oil

½-1 tsp cumin

1 clove garlic, minced

Salt and pepper, to taste

## Directions:

Toss everything together gently so you don't smash the avocado.

It gets better as it sits to let the flavors meld.

Serve alone or with tortilla chips or veggies.

Enjoy!