

# Black Bean and Fall Vegetable Salad

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Servings: 6-8 | Prep Time: 30 minutes | Created By: Executive Chef Michael Wahl

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## Ingredients

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- 2 15-ounce cans black beans, rinsed and drained
- 3 ears fresh cooked corn, kernels cut off the cob
- 1 cucumber, seeded, diced
- 2 red bell peppers, diced
- 2 tomatoes, seeded, diced
- 2 cloves garlic, minced
- 2 tablespoons red onion, minced
- 2 teaspoons salt, 1 teaspoon black pepper, 2 tablespoons sugar
- ¼ cup extra virgin olive oil
- 1 teaspoon lime zest (be sure to zest before juicing), 3 tablespoons fresh lime juice
- 1 teaspoon orange zest (be sure to zest before juicing), 3 tablespoons fresh orange juice
- ½ cup chopped fresh cilantro, plus more for garnish
- 2 ripe Hass avocados, chopped

## Instructions

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1. Combine all ingredients except for avocados in a large bowl and mix well. Cover and chill for a few hours or overnight.
2. Right before serving, add avocados and mix gently, being careful not to mash avocados. Garnish with more chopped cilantro if desired.

## Tips

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1. Serve as a party dip with tortilla chips or serve over grilled chicken, fish or crispy tofu. Great for large dinner parties where you can make the salad the night before and place it on an entrée as it goes out.
2. Grill the peppers and corn before using in this recipe for more flavor. Add hot sauce for a kick!