

### **Quick and Easy Black Bean and Corn Salad**

You will need:

1 can of black beans

1 can of corn kernels

1 small bell pepper

1 ½ teaspoons of cumin

2 teaspoons of hot sauce

1 lime's worth of juice

2 tablespoons of vegetable oil

Salt and pepper

Directions:

1. Remove the seeds from the pepper and chop it and the onion into small pieces, drain and rinse black beans and corn.

2. Combine all ingredients in a bowl, toss, and serve. It's that easy! This recipe serves one person and can be increased for more people. We recommend serving it on the side of one of the other recipes that we have included on the website.

\*This recipe was originally found at [foodnetwork.com](http://foodnetwork.com) and has been adapted by Michael Harris, Jasmine Hambaro, and Matthew Biagi in conjunction with the UMass Nursing Program