

THE OLIVE AND THE GRAPE

www.theoliveandthegrape.biz 440-974-0778 216-252-0778

CORN – BEAN – SWEET PEPPER SALAD



Salad:

- 1 15 oz. can black beans, rinsed and drained
- 1 15 oz. can kidney beans, rinsed and drained
- 1 15 oz. can pinto beans, rinsed and drained
- 1 15 oz. bag super sweet frozen niblet corn or 2 Cups fresh corn on the cob kernels
- 1 red onion, chopped
- 2 garlic cloves, chopped
- 1 red bell pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- 2 jalapeño peppers, seeded and chopped (optional)

Dressing:

- 1 TB. ***Aleppo Pepper***
- 1 tsp. ***Restaurant Grind Black Pepper***
- 1 tsp. ***Sea Salt***
- 1/4 ***Lime Cilantro Cooking Olive Oil*** Or substitute with ***Eastern Mediterranean Seasoned Cooking Olive Oil*** and omit the Aleppo Pepper)
- 1/2 Cup ***red wine vinegar***
- 1 limes, juiced

In a large bowl, combine the beans, corn, onion, garlic, bell peppers and jalapeño peppers (if using). Toss well. Combine the ingredients for the dressing in a container with a lid. Shake well to mix thoroughly. Right before serving, pour the dressing over the salad and toss to coat. Squeeze fresh lime over salad, gently toss and serve at room temperature or chilled.

Yields: 8-10 as a side dish, 10-14 served with Tortilla Chips

Option: You can add an avocado, chopped, drizzled with lemon juice, to salad, just before serving.

Items in ***bold italic*** are available at THE OLIVE AND THE GRAPE, Mentor and Cleveland, OH