

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Pepper Bean Salad

From Penzey's Spice Catalogue

This is a great dish for potlucks.

Serves: 8-10 as a side dish

- 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 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 jalapeno peppers, seeded and chopped

Dressing:

- ½ cup chopped, fresh cilantro (or 2 TB. dried cilantro)
- 1 tsp. ground cumin
- 1 TB. crushed red pepper flakes
- 1 tsp. freshly ground black pepper
- 1 tsp. sea salt
- ¼ cup canola oil
- ½ cup red wine vinegar
- 2 limes, juice of (1/4 – 1/3 cup)

In a large bowl, combine the beans, corn, onion, garlic, bell peppers and jalapeno pepper. Toss well. Combine the cilantro, cumin, red pepper flakes, pepper, salt, oil, vinegar and lime juice in a container with a lid. Shake well to mix thoroughly. Right before serving, pour the dressing over the salad and toss to coat.