

# Wild Rodeo Salad-Vegan

Serves: 6

Preparation time: 30 minutes

Ingredients:

1-1/2 cups cooked pinto beans, or 1 (15 ounce can) no salt added or low –sodium, drained

1-1/2 cups cooked black beans or 1 (15 ounce can) no salt added or low sodium black beans, drained .

6 ears of corn, husked or 3 cups frozen corn, thawed

1 red bell pepper, chopped

5 scallions, chopped (or 1 medium onion)

½ jalapeño pepper, seeded and chopped

2 limes, juiced

3 tablespoons rice vinegar

1 teaspoon ground cumin

1 tablespoon chili powder

2 cloves garlic, minced

1 teaspoon oregano (twice as much if using fresh)

Instructions:

If using fresh corn on the cob, steam for 7 minutes or until tender, drain, cool and cut kernels off the cob.

Combine beans, corn, pepper, and scallions in a large bowl. In another bowl, combine the Remaining ingredients and stir well to blend thoroughly. Pour over bean mixture.

Dr. Fuhrman by Laura P