



In the Kitchen

with LiveWELL

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Slide 3: Let's go Beyond the Table with Chilled Black Bean, Corn and Cucumber Salad

Chilled Black Bean, Corn and Cucumber Salad

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• Ingredients

- 2 cans black beans, drained and rinsed
- 1 can whole-kernel corn, drained and rinsed
- ½ medium cucumber, finely diced
- ½ cup chopped cilantro
- ½ cup chopped celery
- 1 cup crumbled feta cheese
- 2 limes, juiced
- ¼ cup red wine vinegar
- Sea salt, Cracked pepper, cumin to taste

• Preparation

- 1 Combine black beans, corn, cucumber, cilantro, celery and feta in a large bowl and toss to mix
- 2 Add lime juice, vinegar, salt, pepper and cumin, stir and adjust to taste
- 3 Chill in refrigerator one hour before serving.



