

# **Black Bean Salad with Corn, Red Peppers and Avocado in a Lime-Cilantro Vinaigrette**

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The Zone @ UC San Diego

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### Ingredients

- 2 15-ounce cans black beans, rinsed and drained
- 3 ears fresh cooked corn, kernels cut off the cob
- 2 red bell peppers, diced
- 2 cloves garlic, minced
- 2 tablespoons minced shallots, from one medium shallot
- 2 teaspoons salt
- 1/4 teaspoon cayenne pepper
- 2 tablespoons sugar
- 9 tablespoons extra virgin olive oil, best quality such as Colavita
- 1 teaspoon lime zest (be sure to zest limes before juicing them)
- 6 tablespoons fresh lime juice
- 1/2 cup chopped fresh cilantro, plus more for garnish
- 2 Hass avocados, chopped



### Preparation

Combine all ingredients except for avocados in a large bowl and mix well. Cover and chill for a few hours or overnight. Right before serving, add avocados and mix gently, being careful not to mash avocados. Garnish with a more chopped cilantro if desired. Serve at room temperature.