

# Bean and Corn Salad

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medium saucepan  
chopping board and knife  
measuring cups and spoons  
colander or strainer  
large and small mixing bowl  
metal whisk  
salad serving bowl

## Do this

with these **ingredients**

1. **Strip, cook** and **cool** the kernels from

2 cobs **fresh corn** (~1 cup kernels)

2. **Add** to the mixing bowl with

1 can **red or black beans**, drained and rinsed  
1 large just ripe **avocado**, diced  
1 **red or green capsicum/pepper**, diced  
1 **small red onion**, diced

3. For the **dressing**, **add** to the small bowl and **whisk**

¼ cup **extra virgin olive oil**  
¼ cup **apple cider vinegar**  
1 TBS **rapadura/panela sugar** (optional)  
1 tsp **pink or sea salt**  
1 tsp **smoked paprika** (optional)  
¼ tsp **freshly cracked black pepper**

4. **Add** the dressing to the salad and gently **toss** together.

5. **Transfer** to the salad bowl for serving.



