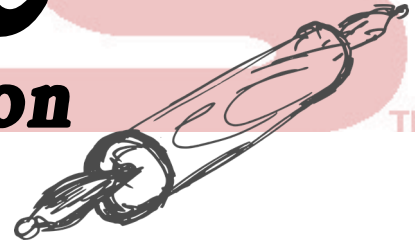


Recipe Collection



Cowboy Salad

Tom Tripp

Yield: 15 servings



Ingredients

- 2 cans black beans
- 1 can corn
- 1 bunch cilantro
- 1 bunch green onions (5 green onions)
- 3 medium tomatoes
- 1 avocado (optional)
- 1 tablespoon canola or vegetable oil
- 2 tablespoons vinegar or lime juice
- 1/2 teaspoon each salt and pepper

Directions

Drain and rinse the black beans and corn. Finely chop the cilantro and green onions. Dice the tomatoes and avocados. Combine all ingredients in a large bowl. Mix oil, vinegar or lime juice, salt and pepper together in a small bowl. Pour oil mixture over salad ingredients and toss lightly. Refrigerate leftovers within 2 hours.

Notes

Serve with your favorite meal or as a snack with tortilla chips.