

Southwestern Corn Salad

With fresh sweet corn, fresh lime and black beans, the South western-influenced salad makes a great meal. Yield: 4 servings

Vinaigrette dressing:

¼ cup chopped seeded tomato
¼ cup chopped fresh cilantro
2 Tbsp. Olive oil
1 Tbsp. Cider vinegar
1 Tsp. Grated lime rind
1 Tbsp. Fresh lime juice
¼ Tsp. salt
¼ Tsp. ground cumin
¼ Tsp. chili powder
¼ Tsp. black pepper
1 clove peeled garlic

Salad:

1 cup fresh sweet corn off the cob
8 cups thinly sliced green leaf lettuce
1 cup chopped tomato
1 cup chopped green bell pepper
1 cup finely diced onion
1 can rinsed and drained black beans

- **Combine vinaigrette ingredients in a small bowl and whisk till smooth.**
- **To prepare salad, combine ingredients in a larger bowl. Add Vinaigrette, toss well to coat. Serve with fat-free baked tortilla chips or alone.**

Cornell Cooperative Extension, Monroe County

(585) 461-1000

<http://www.cce.cornell.edu/monroe/monroe.html>

08/07/03

Southwestern Corn Salad

With fresh sweet corn, fresh lime and black beans, the South western-influenced salad makes a great meal. Yield: 4 servings

Vinaigrette dressing:

¼ cup chopped seeded tomato
¼ cup chopped fresh cilantro
2 Tbsp. Olive oil
1 Tbsp. Cider vinegar
1 Tsp. Grated lime rind
1 Tbsp. Fresh lime juice
¼ Tsp. salt
¼ Tsp. ground cumin
¼ Tsp. chili powder
¼ Tsp. black pepper
1 clove peeled garlic

Salad:

1 cup fresh sweet corn off the cob
8 cups thinly sliced green leaf lettuce
1 cup chopped tomato
1 cup chopped green bell pepper
1 cup finely diced onion
1 can rinsed and drained black beans

- **Combine vinaigrette ingredients in a small bowl and whisk till smooth.**
- **To prepare salad, combine ingredients in a larger bowl. Add Vinaigrette, toss well to coat. Serve with fat-free baked tortilla chips or alone.**

Cornell Cooperative Extension, Monroe County

(585) 461-1000

<http://www.cce.cornell.edu/monroe/monroe.html>

08/07/03