

## Roasted Sweet Corn and Black Bean Salad

-1/3 cup lime juice (fresh if you can , otherwise bottled works fine)  
- 1/2 cup olive oil  
-1 clove garlic, minced  
-1 teaspoon salt  
-1/8 teaspoon ground cayenne pepper  
-2 (15 ounce) cans black beans, rinsed and drained (or the equivalent of dried, soaked, and cooked)  
-1 1/2 cups corn kernels (We roast, but boiling would work, too.  
Then cut the kernels off.)  
-1 green (or red) bell pepper, diced  
- 2 tomatoes, diced  
- 1/4 -1/3 cup diced onion  
-1/2 cup chopped fresh cilantro (optional)

1. Place lime juice, olive oil, garlic, salt, and cayenne pepper in a jar. Cover with lid, then shake until ingredients are well mixed.
2. In a salad bowl, combine beans, corn, sweet pepper, tomatoes, onion, and cilantro. Shake lime dressing, and pour it over the salad. Stir salad to coat vegetables and beans with dressing, and serve.

Nutritional Facts: 2043 Calories, 205g Carbs, 112g Fat, 62g Protein, 38mg Sodium, 25g Sugar