



Vibrant Mexican Salad

Makes: 10 cups

Serve: 1 cup

Ingredients:

2 400g tins black beans, drained	(800g)
2 400g tins corn kernels, drained	(800g)
2 Lebanese cucumbers, diced small	(300g)
1 red capsicum, diced small	(200g)
2 tomatoes, diced small	(240g)
1 red onion, diced small	(150g)
¼ cup lime juice	(60g/2 limes)
1 medium ripe avocado, diced	(175g)
Optional: salt to taste, e.g. ½ tsp	(3g)

Method:

1. Combine all ingredients. If making up ahead of time, leave off lemon, avocado and salt and add them about 15 minutes before serving.
2. Serve as a colourful side dish, as a fresh topping or side for tacos, burritos or nachos, or as a meal on its own in a bed of lettuce.

Tip: Try adding ½ tsp cumin and/or ½ tsp smoked paprika for some extra Mexican flavours.