



Nancy's Nourishing Kitchen

Corn, Black Bean and Tomato Salad

serves:4

Salad Ingredients:

2 cups frozen corn kernels
1 can black beans, drained and rinsed
1 pint cherry tomatoes, cut in half or quarters
2 celery stalks, sliced on the diagonal
4 radish, sliced and cut into thin sticks
6 fresh basil leaves, cut into thin slices
sea salt
fresh ground black pepper

Dressing Ingredients:

1 tablespoon fresh lemon juice
1 tablespoon champagne vinegar (or white wine or white balsamic vinegar)
1 tablespoon honey
1 teaspoon sea salt
1/4 cup extra virgin olive oil
fresh ground black pepper

Combine lemon juice, vinegar, honey and sea salt in a bowl. Slowly whisk in extra virgin olive oil until thoroughly combined. Season with black pepper to taste.

******Or add all dressing ingredients to a jar, cover tightly and shake well to combine.

Directions:

- Heat cast iron pan, add corn kernels and sauté until golden and slight brown on edges.
- **** no cast iron: heat pan with a tiny bit olive oil and sauté corn until golden.
- Add all the vegetables, black beans and basil to a bowl and toss with dressing a little at a time, until coated.
- Adjust seasoning, adding more salt and pepper if needed.

Variations:

~add any type of bean
~change up the herbs; chopped fresh parsley or cilantro
~add avocado

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