

August 2006 Recipe of the Month: **Corn and Black Bean Salad**

- 2 15-ounce cans black beans, drained and rinsed
- 2 cups cooked corn kernels (from 5 cobs*)
- 2 tablespoons finely chopped jalapeno pepper (optional)
- 1 cup finely chopped red bell pepper (1 medium pepper)
- ½ cup finely chopped red onion
- 1 cup coarsely chopped ripe tomato (1 large tomato)
- ¼ cup extra-virgin olive oil (use 1/8 cup to decrease fat)
- 3 tablespoons fresh lime juice
- ½ teaspoon ground cumin
- 1/8 teaspoon cayenne pepper
- ¾ teaspoon salt (optional)
- ¼ cup finely chopped fresh cilantro for garnish (optional)

Combine all ingredients except cilantro in a medium salad bowl. Toss. Serve at once, or cover and chill in refrigerator. Just before serving, garnish with the cilantro, if desired.

*This salad is a good way to use leftover corn.

Per 1 cup serving using unaltered recipe: calories 194, total fat 8 grams; saturated fat 1 gram; cholesterol 0 mg; carbohydrates 26 grams; sodium 555mg.

This recipe was taken from *The Healthy Heart Cookbook* by Joseph C. Piscatella, which can be purchased at Barnes and Noble.

In testing this recipe the salt was completely omitted and the olive oil was decreased to 1/8 cup. These ingredients were not missed. The flavor of fresh corn and home grown tomato, mixed with a hint of spice, was a hit. Serve with baked tortilla chips as an appetizer or as a side dish. Hope you enjoy this recipe.

Your Partners in Health,
Candace and Laura