Black Bean & Corn Salad

**Ingredients**

**Dressing:**
- 1 small lime, juiced
- 1/2 Tablespoon oil (canola, vegetable, or olive)
- 1/4 teaspoon salt
- 1/4 tsp chili powder
- 1/8 tsp ground cumin
- (optional) small bunch cilantro

**Salad:**
- 1 15-oz can black beans, drained and rinsed
- 1 15-oz can corn (or 2 cups frozen)
- 1 cup cherry tomatoes, halved
- 1 red bell pepper, diced
- 1/2 cup red onion, finely chopped
- (optional) 1 avocado, diced

**Procedure**

In a small bowl, whisk together dressing ingredients. In a medium bowl add beans, corn, tomatoes, bell pepper and red onion. Add dressing and stir well to combine.

Serve with tortilla chips for a healthy snack. For a filling meal, serve over brown rice or stuff inside of a burrito or quesadilla.