

## Corn & Black Bean Salad

Author: Adapted from my friend Nancy Chapel

Carolyn T's  
Main Cookbook

Servings: 8



*Notes: You could use fresh corn, but one of the nice things about this salad is that if you have the cans on hand, it can be made any time of year.*

*Description: Serve this as a side dish to a sandwich, or as part of the summer buffet or barbecue.*

1. DRESSING: In a food processor combine all ingredients except the oil. Turn on processor and add oil in a steady stream until emulsified. Refrigerate.
2. SALAD: In a large ziploc bag combine the salad ingredients with the dressing and refrigerate for about 8 hours (or up to 24), if possible to let flavors develop. Drain salad before serving.

### DRESSING:

**3/8 cup sugar, or Splenda (I use less)**

**1/4 cup apple cider vinegar**

**1 tablespoon red wine vinegar**

**1 1/2 teaspoons soy sauce**

**1/4 teaspoon salt**

**1/4 teaspoon paprika**

**1/8 teaspoon pepper**

**1/4 teaspoon garlic powder**

**1/2 teaspoon dry mustard**

**1/2 cup vegetable oil**

### SALAD:

**11 ounces white shoepeg corn, drained**

**11 ounces black beans, drained, rinsed**

**4 ounces pimiento, or Peppadew peppers if available**

**1 large green bell pepper, or red pepper**

**1 large onion, chopped**

**1 cup celery, sliced**

*Serving Ideas: The salad dressing can be reused - i.e., add more cans of corn and black beans (or corn and other kinds of beans, even green beans) to make the dressing.*

**Blog: Carolyn T's Blog:**

<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 332 Calories; 15g Fat (37.8% calories from fat); 10g Protein; 44g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 232mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates.*