

Corn, Black Bean and Tomato Salad

Author: Inspired by a recipe from America's Test Kitchen



Description: Nothing unique about this except the maple syrup. Just enough to give it a slight sweet hint.

1. DRESSING: Into a running blender jar add the fresh garlic clove and salt together. Whiz until the garlic is finely minced.
2. Add the lime or lemon juice, oil, wine vinegar, chile pepper, ground cumin, pepper and maple syrup. Blend until smooth and the jalapeno pieces are miniscule.
3. SALAD: Combine in a bowl the corn and black beans (be sure to drain and rinse them, otherwise the salad will have a kind of gray/black hue). Add all the other ingredients - except the basil and pour in the dressing. Stir to coat. You can refrigerate the salad at this point for a few hours. Just before serving add in the basil, reserving some to sprinkle on top.

DRESSING:

- 1 clove garlic
- 1/2 teaspoon salt
- 4 tablespoons lime juice, or lemon juice, or combination
- 1/2 cup extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon jalapeno chile pepper, stemmed, seeded
- 1/2 teaspoon ground cumin, rounded
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon maple syrup

SALAD:

- 1 pound corn, fresh or frozen, defrosted (about 4 cups)
- 1 cup cherry tomatoes, halved or quartered
- 15 1/2 ounces canned black beans, drained, rinsed
- 1/2 cup red bell pepper, slivered (or use yellow or orange)
- 2 whole green onions, or 1/4 of a sweet yellow onion, minced
- 1/4 cup fresh basil, minced - or cilantro, or mint
- salt and pepper to taste**

Per Serving (excluding unknown items): 202 Calories; 14g Fat (62.1% calories from fat); 4g Protein; 16g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 308mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>