



Garden Fresh Farm Recipes

Corn and Black Bean Salsa

Corn and black bean salsa recipe goes well as a side dish with almost any Mexican dinner. Prepare ahead of time to let flavors mingle.

Ingredients:

15 ounce can whole kernel corn
15 ounce can black beans
2 medium tomatoes chopped
One jalapeño pepper, seeded and minced
1/3 cup chopped fresh cilantro
1/3 cup lime juice
salt and pepper
One ripe avocado, chopped
Tortilla chips

Directions:

Combine corn, black beans, jalapeño, tomato, cilantro and avocado in mixing bowl. Season with salt and pepper to taste.

Add lime juice and mix well. Serve with tortilla chips. Enjoy.



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Black Bean and Corn Salad

This black bean and corn salad is a fresh mix of black beans, corn, red peppers, jalapeno and avocado, all tossed in a zesty cilantro lime dressing. An easy salad that's the perfect side dish for any meal!

Ingredients:

- 2 cans black beans drained and rinsed
- 1 1/2 cups corn kernels fresh, frozen or canned
- 1/4 cup red onion minced
- 1 red bell pepper diced
- 1 avocado peeled, pit removed and diced
- 1 jalapeno ribs and seeds removed, then minced
- 1/3 cup cilantro leaves chopped
- 1/3 cup olive oil
- 1/4 cup lime juice
- 2 teaspoons honey
- 1 teaspoon chili powder
- 1 teaspoon cumin
- salt and pepper to taste

Directions:

Place the black beans, corn, red onion, red bell pepper, avocado and jalapeno in a large bowl.

In a small bowl, whisk together the cilantro, olive oil, lime juice, honey, chili powder, cumin and salt and pepper.

Pour the dressing over the beans and vegetables and toss gently to coat. Serve.

Note:

You can make this black bean salad up to a day in advance. However, you'll want to leave the avocado out initially, and then add it in with everything else once you're ready to serve. If you leave the avocados to stew overnight in the black bean and corn salad, they'll turn brown.