



Black Bean and Pepper Salad

INGREDIENTS:

- 1 cup canned black beans - rinsed
- 1 medium red bell pepper
- 1 medium yellow bell pepper
- 1 bunch green onions
- 1 bunch cilantro
- 1 to taste zest of lime
- 1 small lime - fresh squeezed (could use frozen)
- 1 to taste extra virgin olive oil
- 1 to taste chipotle chile pepper
- 1 to taste chili powder
- 1 to taste ground cumin
- 1 to taste onion powder
- 1 to taste salt and fresh ground pepper

RECIPE INSTRUCTIONS:

1. Drain the black beans into a colander placed in the sink, then rinse with cold water until no more foam appears, and let the beans drain.
2. If you have a fresh lime, some lime zest added to the dressing really brightens the flavor.
3. After you mix all the dressing ingredients, marinate the drained beans in part of the dressing mixture if you have time.
4. Chop the red bell peppers and yellow bell peppers into pieces about the same size as the beans.
5. Thinly slice green onions and chop cilantro (if using). I used Rick Bayless' cilantro chopping method, where you keep the bunch of cilantro together and thinly slice the leaves up to where the stems start.
6. Mix the marinated beans and peppers together. Gently mix in the rest of the dressing.
7. Mix the green onion and chopped cilantro into the bean and pepper mixture.
8. Mix the green onion and chopped cilantro into the bean and pepper mixture. Then season with salt and fresh ground black pepper and serve.

