

Black Bean & Corn Salad with Chipotle-Honey Vinaigrette

By Jennifer Segal (Once Upon a Chef – www.onceuponachef.com)

Servings: 6 (as a side dish)

Total Time: 30 Minutes, plus at least one hour to chill

Ingredients

For the Salad

- 2 ears fresh corn
- 1 cup chopped red onion
- 1 (14.5 oz) can black beans
- 1 red bell pepper, diced (about 1 cup)
- 1/2 cup loosely packed fresh chopped cilantro (plus a bit more for garnish, if desired)
- 1 avocado

For the Dressing

- 2 tablespoons red wine vinegar
- 2 tablespoons fresh lime juice, from 1-2 limes
- 2 tablespoons honey
- 1/4 cup plus 2 tablespoons vegetable oil
- 1 large garlic clove, roughly chopped
- 1/4 teaspoon dried oregano
- 3/4 teaspoon cumin
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 canned chipotle peppers in adobo sauce (2 peppers, not 2 cans; use smaller peppers and if they are all large, use only 1-1/2)

Instructions

1. Bring a large pot of salted water to a boil. Add the corn, cover, and turn the heat down to low. Simmer for 10 minutes. Remove the corn from the water and let cool.
2. Meanwhile, place the chopped red onions in a small bowl and cover with water. Let sit about ten minutes, then drain completely in a sieve and set aside.
3. Place the beans in a sieve; run under cold water to rinse well. Let drain completely and set aside.
4. Holding the cooled corn upright in a large bowl, cut the kernels off the cob in strips. Add the beans, red onion, red bell pepper and cilantro.

5. Make the dressing by combining all of the ingredients in a blender or mini food processor; process until smooth.
6. Pour the dressing over the salad and toss well. Cover and refrigerate for at least 1 hour or, preferably, overnight.
7. Right before serving, slice the avocado in half. Remove the pit; using a butter knife, cut a grid in each half. Holding the avocado halves over the salad, use a spoon to scoop out the diced flesh. Toss the salad gently, then taste and adjust seasoning if necessary (I usually add a squeeze of fresh lime to freshen it up). Garnish with a bit of fresh chopped cilantro if desired. Serve cold.

NOTE from Keli

The recipe does not include chopped cabbage or quinoa but I added them to make it more of a main dish instead of a side dish. It's also great without these added components!!