

## Betty's Festive Black Bean Salad



Uploaded on 10 Jun 2011

In this video, Betty demonstrates how to make a Festive Black Bean Salad. This is a delightful mix of cooked black beans, steamed whole kernel corn, fresh zucchini, cucumber, red bell pepper, and cilantro. It is marinated in a blend of apple cider vinegar and sugar, making a very tasty side dish for any meal.

### Ingredients:

- 14-oz. can black beans, rinsed and drained
- ½ of a 16-oz. package frozen whole kernel corn, steamed until heated through
- ½ red bell pepper, coarsely chopped
- ½ cucumber, coarsely chopped
- ½ zucchini, coarsely chopped
- ½ cup chopped cilantro
- ½ cup sugar (You may use less sugar or a sugar substitute)
- ½ cup apple cider vinegar (You may use white vinegar, if you prefer.)

In a large serving bowl, combine a 14-oz can black beans (rinsed and drained), ½ of a 16-oz. package whole kernel corn (steamed), ½ chopped red bell pepper, ½ chopped cucumber, ½ chopped zucchini, and ½ cup chopped cilantro. Sprinkle ½ cup sugar and ½ cup apple cider vinegar over the top. Toss well. Cover with plastic wrap and refrigerate at least four hours. Spoon onto a nice salad plate to serve. This is a colorful and healthy salad that is bursting with flavor. I hope you enjoy it! --Betty ☐