

Aztec Salad

Makes 10 servings

2 (15 oz cans)	no salt added black beans, drained and rinsed
½ cup	red onion, finely chopped
1	green pepper, seeded and diced
1	red or orange pepper, seeded and diced
2 cups	corn, frozen and thawed
2	tomatoes, diced
¾ cup	fresh cilantro, chopped (optional)
2 Tbsp	rice vinegar
2 Tbsp	apple cider vinegar (or other vinegar of choice)
1	lemon or lime, juiced
2 cloves	garlic, minced
1 Tbsp	ground cumin
1 tsp	ground coriander (or use extra cumin)
½ tsp	red pepper flakes or 1 pinch of cayenne pepper (optional)

1. In a large bowl, combine beans, onion, bell peppers, corn, tomatoes and cilantro.
2. In a small bowl whisk together the vinegars, lemon or lime juice, garlic, cumin, coriander and red pepper flakes.
3. Pour over salad and toss gently. Best if you let the salad marinade in the refrigerator for at least 1 hour. Re-toss before serving.

Recipe from: Healthy Living for Life to Prevent and Treat Diabetes