

Mixed Bean Salad

Ingredients:

1 cup cooked black beans (or canned)
1 cup cooked white canellini beans (or canned)
1 medium red spanish onion
1 medium red capsicum
270 grams canned corn drained (or 2 fresh ears of corn chopped)
3 tablespoons fresh chopped coriander
1 clove garlic, crushed
½ teaspoon ground cumin
½ teaspoon grain mustard
2 tablespoons balsamic vinegar
2 tablespoons olive oil
Squeeze of lemon juice

Method:

Place beans and corn in medium size salad bowl
Chop the onion and red capsicum; add to the beans and corn.
Chop coriander and add to bowl.
Combine the garlic, cumin, mustard and vinegar in a screw top jar; gradually add the oil.
Pour over the bean salad and mix lightly.

