**Black Bean and Corn Salad**

2 tablespoons Extra virgin olive oil
2 tablespoons Vinegar and lime juice – one of each
½ cup Black beans, drained and rinsed
½ cup Corn, drained if frozen; cooked and sliced from cob if fresh
½ cup Red and green peppers, chopped
½ cup Chopped red tomato
¼ cup Chopped red onion

Mix together beans and vegetables.
For dressing, use a ratio of half vinegar, half lime juice beaten with the olive oil.
Spices: cumin, chili pepper, salt, pepper; also, chopped fresh parsley, mint or cilantro makes a tasty addition.

Calories 450
Vegetables 2.5
Starch 2 (1: black beans, 1: corn)