

# Corn Salad



# CORN SALAD

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## *ingredients*

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1 can low sodium black or pinto beans  
2 cups fresh corn kernels (about 3-4 ears)  
1/2 cup red onion  
1 pint cherry or grape tomatoes-halved  
2 avocados (cubed)  
2 teaspoons chili powder  
1 tablespoon lime juice or apple cider vinegar  
Salt and white pepper to taste

Optional: fresh herbs, for garnish

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## *directions*

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Combine all ingredients in a large bowl. Refrigerate for an hour or overnight before serving for best flavor.

Eat with chips, in a taco, or on eggs!

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## *notes*

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You can use canned or frozen corn if whole ears aren't available!

**SPFC**

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SERVE PEOPLE. FEED COMPASSION.