

Corn and Black Bean Salsa to try at home

Ingredients - makes 2 cups

2 Tbsp. olive oil	1/2 a lime, juiced
2 tsp. red wine vinegar	1 small clove garlic, pressed through a garlic press
1/2 tsp. ground cumin	1/2 cup fresh or frozen corn
1/4 tsp. chili powder	1/2 red pepper, diced
1/4 tsp. sugar	1/4 jalapeno pepper, seeded and diced (optional)
Pinch salt and pepper	1 small green onion, cut in thin strips
1/4 can (398 ml) black beans, rinsed and drained	2 Tbsp. cilantro, torn into small pieces

Method:

- Measure the olive oil, red wine vinegar, cumin, chili powder, sugar, salt and pepper and place in a medium-sized bowl. Mix together with a fork.
- Open the can of black beans, pour into a strainer over the sink, and then rinse under cold water. Shake out the water and place about quarter of the beans into the bowl with the oil mixture. Save the rest of the beans for another use (add to a soup or a salad).
- Peel the garlic clove and press through a garlic press. Add to the bean bowl.
- Juice one half lime into the bean bowl.
- Husk the corn, and then break the cob in half. Stand half a corn cob on the cutting board then carefully cut the kernels off of the cob by cutting toward the board. Add to the bean bowl. (You can also use frozen corn when corn is not in season).
- Cut the red pepper into thin strips, and then cut each strip into small cubes. Try to cut the pepper about the same size as the black beans.
- Cut the jalapeno pepper into half from stem to the tip. Scrape out the seeds and the white membrane from 1/4 of the pepper, then cut into thin strips. Cut each strip into tiny cubes. Add the diced jalapeno to the bean bowl then wash your hands and wipe down the cutting board. (Try not to rub your eyes while cutting the jalapeno as they will sting)
- Cut the green onion into thin strips and add to the bean bowl.
- Rip the leaves from the cilantro and tear into small pieces into the bowl.
- Combine all the ingredients together, cover and refrigerate until ready to eat.