



# Recipes

## Salads

### **Black Bean Salad**

*Prep Time: 10 minutes*

*Cook Time: 15 minutes*

*Yield: 8 servings*

#### **Ingredients:**

1 tablespoon olive oil  
1/2 onion, finely chopped  
2 cloves garlic, minced  
1 teaspoon coriander  
2 teaspoons cumin  
Pinch of cayenne  
1 teaspoon sea salt  
2 cups cooked black beans  
1 red pepper, diced  
1 yellow bell pepper, diced  
Cilantro and fresh lime juice, as garnish

#### **Directions:**

1. Heat oil in pan.
2. Sauté onions and garlic with spices and salt.
3. Remove from heat and put into a large bowl.
4. Add black beans and peppers.
5. Mix well and serve.