

# AVOCADO AND BLACK BEAN SALAD

## **SALAD:**

- 1 (15 ounce) can organic black beans, rinsed and drained
- 1 (11 ounce) can organic corn, drained
- 1 1/3 cups chopped peeled avocado
- 1 cup chopped seeded cucumber
- 1 cup chopped seeded tomatoes
- 1/2 cup thinly sliced green onions
- ¼ cup fresh cilantro, chopped
- 1 small jalapeno pepper, seeded and chopped
- 1 teaspoon lime juice

## **DRESSING:**

- 2 tablespoons apple cider vinegar
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Directions:

In a large bowl, combine the first eight ingredients.

In a small bowl, whisk the dressing ingredients. Pour over salad and toss to coat.

Cover and refrigerate for at least 1 hour before serving.