

Crisp and Crunchy Summer Vegetable Salad



Ingredients:

2 ears of fresh sweet corn optional; 1 can corn, rinsed
1 large vine ripened tomato, seeded and chopped
1 yellow bell pepper, seeded and chopped
1 orange bell pepper, seeded and chopped
1 red onion, chopped
1 cup cilantro, chopped
1 can black beans, rinsed
1 can garbanzo beans, rinsed
¼ cup olive oil
2 tablespoons ground cumin
1 tablespoon kosher salt
1 tablespoon fresh ground pepper
Juice from 2 limes

Directions:

- 1) Place the un-shucked ears of corn in the oven and roast them for 30 minutes at 400 degrees.
- 2) Transfer corn to a wire rack, cool slightly then remove the husks and silk. In a large bowl, slice the kernels off the cob and allow the corn to cool.
- 3) Place the next 7 ingredients in the bowl with the corn.
- 4) In a small bowl, mix the olive oil, cumin, salt, pepper and lime juice together.
- 5) Pour the marinade over the vegetables and stir until thoroughly coated.
- 6) Serve the salad at room temperature or slightly chilled.