Colorful Black Bean Salad

Ingredients:
2 15-ounce cans black beans, drained
2 cups corn, drained (1 15-ounce can or 12 ounces frozen)
1 15-ounce can diced tomatoes
1 4-ounce can chopped green chilies, drained, or 1 teaspoon chili powder
1/4 cup finely chopped onion
3 Tablespoons lime juice
2 Tablespoons olive or canola oil
1/2 teaspoon salt, pepper to taste
1 red or green bell pepper, chopped, optional
1 avocado, chopped, optional

Instructions:
1. Mix black beans, corn, tomatoes, chilies, onion and optional bell pepper in a large bowl.
2. Add lime juice, oil, salt, and pepper; toss gently to combine.
3. Add optional avocado just before serving.
4. Serve alone, over rice or quinoa, or with whole grain tortillas or tortilla chips.

Yield: About 12 servings

Source: Adapted from http://snacktheplanet.blogspot.com