

FIRE ROASTED CORN & BLACK BEAN SALAD

6 ears of corn, shucked/husked
1 15.5oz can Simply Nature Organic black beans, drained, rinsed
1 green bell pepper, diced
1/2 cup red onion, diced
1 tablespoon Stonemill parsley flakes
1 tablespoon Tuscan Garden white vinegar
3 tablespoons lime juice
1 1/2 teaspoons Simply Nature Organic cumin
3/4 teaspoon sea salt
1/2 teaspoon ground black pepper
1/2 cup Simply Nature Organic olive oil
OPTIONAL: 3 Simply Organic chicken sausages



- Grill the corn for 2-3 minutes on each side until corn is cooked. Remove from the heat and allow it to cool at room temperature for 5 minutes until it is cool to the touch.
 - If using sausages, grill them at the same time, about 8 minutes total, rotating occasionally.
- Once the corn is cool, cut the kernels off the cob into a large bowl.
- Add the diced bell pepper, diced onion, black beans and parsley flakes to the corn. Also add sausage (chopped), if using.
- In a small bowl, add the vinegar, lime juice, cumin, salt and pepper and gradually whisk in the olive oil.
- Stir the vinaigrette into the corn mix and add salt and pepper to taste.