

# Fresh Corn and Black Bean Salad – serves 6

2 cups dried black beans, soaked overnight or 2, 15 oz. cans, rinsed

1 bay leaf

2 cloves garlic, smashed

½ teaspoon sea salt

6 Tablespoons lime juice

¾ teaspoon ground cumin

½ teaspoon sea salt

1 – 2 teaspoons maple syrup, to taste

6 Tablespoons olive oil

3 ears super fresh sweet corn, kernels removed [about 1 ½ cups]

½ cup red onion, finely chopped

1 – 2 tablespoons jalapeno, minced

1 cup cherry tomatoes, halved

1 cup red pepper, finely chopped

½ cup cilantro, chopped

¼ cup pumpkin seeds, toasted

3 cups romaine lettuce, thinly sliced

Queso fresco or shredded cheese, optional

Place soaked beans, bay leaf, and smashed garlic into a large pot and add enough water to cover beans by 2 inches. Bring pot to a boil, reduce heat and simmer until beans are tender, about an hour. When beans are mostly tender, add ½ teaspoon sea salt and continue cooking another 15 minutes. Drain, reserving cooking liquid for another use if desired.

Place beans in a large bowl and, while still warm, toss with dressing. Stir in corn, onion, and jalapeno, stirring to combine. When cool, add remaining ingredients and gently toss. Serve on top of shredded lettuce and garnish with crumbled queso fresco.

Chef C's cooking tips:

- If you prefer fresh corn cooked, give it a quick dip in boiling salted water for 2 minutes. Drain and toss it in with the beans and dressing.
- Don't toss out those cobs! They're free ingredients for a fragrant corn stock. Simply place cobs in a pot, add water to cover along with about ¼ teaspoon of salt and simmer for 40 minutes. If you're not ready for corn soup or chowder right away, the stock freezes beautifully and will keep for months.
- Not keen on tomatoes? Peppers? Try it with some diced mango for a sweet and spicy variation.
- If you save the bean cooking liquid you've got a good foundation for a hearty soup later on. It will freeze just fine.

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