



ABC (Avocado, Beans, Corn) Salad

1 can black beans, low sodium, drained and rinsed
2 ears of corn, steamed and removed from husk, or 1 ½ cups frozen corn
4 tomatoes, seeds removed, and cut into medium dice
1-2 firm avocado pitted and peeled, cut into medium-small dice
2-3 cloves of garlic, finely chopped
2 Tbl. Italian parsley, finely chopped
2 Tbl. cilantro, finely chopped
½ lemon, juiced
½ lime, juiced
2 Tbl. blackberry vinegar or any fruit flavor
1 Tbl. white wine vinegar
4-6 Tbl. olive oil or any oil that you like
1 tsp. salt
fresh ground pepper
dash of cayenne pepper
dash of white pepper

Put all ingredients together in a large glass bowl. Stir and place into the refrigerator for at least 2 hours. Can be made the night before, but put in the avocados the day of serving. Remove from refrigerator 1 hour before serving. Season to desired taste.

Yields 6 servings.

We recently had this as an appetizer for Father's Day, serving it the 2008 Te Whare Ra Riesling, from Marlborough, New Zealand. A good, acidic Sauvignon Blanc from New Zealand or elsewhere would also work well with this salad.

Recipe developed June 09 by Lori. Enjoy!