

Hearty Bean & Corn Salad with Cilantro Vinaigrette

Ensalada de Frijol, Garbanzo y Elote con Vinagreta de Cilantro

(6 to 8 servings)

Salad

Ingredients:

- 1 (15.5 oz) can Black Beans, drained, rinsed, or 1¾ cups cooked Black Beans, drained
- 1 (15.5 oz) can Garbanzo Beans (Chickpeas), drained and rinsed, or 1¾ cups cooked Garbanzo Beans, drained
- 1 (15.2 oz) can Corn, drained, rinsed, or 1¾ cup fresh or frozen Corn kernels, cooked
- 1 (14 oz) can Hearts of Palm, rinsed and cut into ¼" rounds
- 1 cup chopped red Bell Pepper
- 2 tbsp finely chopped red Onion

Instructions:

In a large mixing bowl, combine black beans, garbanzo beans, corn, red bell pepper and red onion.
Pour vinaigrette and combine well.
Add hearts of palm, gently toss and serve.

Vinaigrette

Ingredients:

- ½ cup Cilantro leaves and upper stems, roughly chopped
- ¼ cup Olive Oil
- ¼ cup Vegetable Oil
- ¼ cup Red Wine Vinegar
- 1 Garlic clove, peeled
- 1 tsp granulated Sugar
- ½ tsp Kosher or Sea salt, or more to taste

Instructions:

Place all the ingredients for the vinaigrette in a blender and puree until smooth.
You may make the vinaigrette up to a week ahead and store covered in the refrigerator.
If made ahead, whisk with a fork or whisk to re-emulsify prior to using.
You may also shake it in the covered container.