

Dr. Bradley's Easy Black Bean Salad

2 cans black beans rinsed and drained

2 limes squeezed of their juice

1/2 bunch of cilantro chopped and big handful of basil chopped. I usually add more

1 and 1/2 cup of frozen corn or 2 ears of boiled corn, cut off of cobs

1/2 jalapeno finely chopped (if you like spicy, keep the seeds in)

1 1/2--2 tsp cumin

Few shakes of crushed red pepper flakes

2 tbs olive oil

Salt and pepper to taste

1/4 cup red onion chopped fine

1 red pepper chopped coarsely

2 cups of grape tomatoes sliced in 1/2

Just mix together and enjoy. Holds well in the refrigerator for 3-4 days.

I usually like to make it a couple hrs in advance. Good for 2-3 days