



## **Black Bean Corn and Couscous Salad**

Makes 4 servings, 1/1/2 cups (375 mL) each

This speedy make ahead salad has been toted to more pot luck suppers than we can count! It is a complete meal when served with a whole grain roll and a refreshing frozen yogurt for dessert.

Chopped carrot can be substituted for the red pepper and chopped chives are a good alternative to the green onions. Although the coriander does give this salad much of its unique taste, a combination of chopped fresh parsley and basil makes for a tasty variation.

### **Ingredients:**

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1 can (19 oz/540 mL) black beans, drained and rinsed  
1 can (12 oz/341 mL) kernel corn, drained and rinsed or 1/1/2 cups (375 mL) frozen corn kernels  
1 medium sweet red pepper, diced  
2 chopped green onions  
1/4 cup chopped fresh coriander  
2 cups cooked couscous\*  
1/4 cup (50 mL) rice wine vinegar  
2 tbsp (25 mL) olive oil  
1 tsp (5 mL) Dijon mustard  
1/2 tsp (2 mL) minced garlic  
salt and pepper to taste

### **Directions:**

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1. In a large bowl, combine beans, corn, red pepper, onions, coriander and couscous.
2. Make vinaigrette in small bowl or measuring cup. Blend together vinegar, oil, mustard, garlic, salt and pepper. Pour over salad and toss gently.

\*To make 2 cups (500 mL) of cooked couscous: place 3/4 cup (175 mL) quick-cooking couscous in a heatproof bowl. Add a dash of olive oil and 3/4 cup (175 mL) boiling water. Cover and let stand 5 minutes. Fluff with a fork.