

# Avocado Black Bean Corn Salad

Avocado Black Bean Corn Salad ~ fast, easy, fresh and colorful! No cooking required - just chop the veggies and toss with a zesty Cilantro Lime Dressing.

Prep Time 20 mins

Total Time 20 mins

Servings: [6 people](#)

Calories: 291kcal

## Salad

- 2 15 oz cans black beans, drained and rinsed
- 2 avocados, seeded and cubed. (\*see note)
- 2 cups corn, fresh or frozen (thawed)
- 2 cups cherry tomatoes, halved
- ½ cup red onion, diced
- ⅓ cup cilantro, rough chopped

## Dressing

- ⅓ cup fresh lime juice, more if desired
- 3 tablespoons olive oil, extra virgin
- 1 teaspoon [agave](#) (or any sweetener)
- 2 tablespoons fresh cilantro, finely chopped
- ½ teaspoon [granulated garlic](#)
- ½ teaspoon chili powder
- 1 teaspoon [sea salt](#), more to taste
- fresh ground pepper, to taste

## Instructions

1. In a small bowl, whisk the lime juice, olive oil, agave, cilantro, chili powder, granulated garlic, ground pepper, and salt.
  2. Place all the veggies in a large bowl (*except the avocado*) and pour the dressing over them. Toss gently to combine well.
  3. Add the avocado on top and toss gently or just leave them on top. Taste for seasoning and add more if needed.
  4. Serve immediately with fresh pita bread, tortilla chips or a side of rice. Enjoy!
- Per serving (6 servings)
  - Serving size: ¾ - 1 cup
  - Calories: 381
  - Fat: 24 g
  - Saturated fat: 3 g
  - Carbohydrates: 52 g
  - Sugar: 7 g
  - Fiber: 15 g
  - Protein: 13 g
  - Sodium: 591 mg
  - Cholesterol: 0 mg