Mrs. Vegan's WFPB Dinner Recipes

AZTEC SALAD (Jennifer Raymond,
The Peaceful Palate)



This recipe is called Fiesta Salad in Jennifer Raymond's book *Fat-Free & Easy*.

Though it is deceptively simple, and similar to many other bean salad recipes, this is a powerfully nutritious and satisfying dish. We suggest pairing it with other cold or room-temperature main-dish salads, such as pasta salad, grain salad, potato salad, or tofu/tempeh salad, for a great warm weather meal. At other times of year, serve it on the side with a hot counterpart like roasted winter squash, baked or roasted potatoes, hot pasta, or baked tofu or tempeh. It's also a great dish to take to a potluck!



If you have fresh or frozen corn cut from the cob, you can use that.

Jennifer Raymond says: "This salad is a true celebration of color and flavor. It may be made in advance, and keeps well for several days. If you are a cilantro lover, you may want to increase the amount."





2 cans black or red beans, rinsed and drained
½ cup finely chopped red or Vidalia onion (optional)
1 green bell pepper, diced
1 red or yellow bell pepper, diced
2 tomatoes, diced
2 cups frozen corn, thawed
¾ cup chopped fresh cilantro (optional)

<u>Dressing</u>:

2 tbsp seasoned rice vinegar
2 tbsp cider vinegar
Juice of 1 lime or lemon*
1- 2 garlic cloves, minced or ½ tsp garlic powder
2 tsp ground cumin
1 tsp ground coriander
¼ tsp crushed red pepper flakes (optional)



Combine the salad ingredients in large bowl. Whisk together the dressing ingredients in a small bowl; pour over the salad and toss gently to mix.