



**Makes 4 bowls**  
**Cook Time: 8 minutes**

#### INGREDIENTS:

Two 16-ounce cans black beans  
drained and rinsed WELL!

1 very large tomato, chopped

1 package frozen corn

½ Vidalia onion, chopped

1 can sliced water chestnuts,  
drained and rinsed

1 bunch cilantro, chopped

½ lime, juice and zest

3 tablespoons balsamic vinegar  
or more to taste

## Easy Black Bean Salad

We could eat this black bean salad for every meal in summer, even breakfast. This is the salad I make when I have to take a dish to an event because it is so quick to make, and everyone comes back for seconds. This black bean salad recipe is the best advertisement for delicious no-oil eating. It is easy to expand by adding more tomatoes or frozen corn.

From *Forks Over Knives -- The Plant-Based Way to Health*

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- 1 Add beans, tomatoes, corn, onion, and water chestnuts to a bowl (glass looks pretty) and mix. Rinsing the beans well keeps the salad from looking gray.
- 2 Add cilantro, lime, and balsamic vinegar and mix again. Serve alone or with cucumber open-faced sandwiches for a perfect meal.