



Corn and Black Bean Side Dish

Makes 6 servings

Ingredients

- 4 cups water, divided
- ½ cup low-sodium canned black beans, rinsed and drained
- 3 tablespoons vegetable oil
- 1 ½ cups corn kernels (fresh, or frozen and thawed and drained)
- ½ medium onion, diced
- 1 medium bell pepper, any color, diced
- ¼ cup chipilín
- 1 medium avocado, diced
- Optional: diced hot peppers, hot sauce*

Directions

1. In a large skillet, heat oil over medium-high heat. Add corn, onion and bell pepper. Cook 5 to 7 minutes, stirring occasionally.
 2. Add drained beans to corn mixture. Add chipilín. Stir. Cook 3 to 5 minutes, until heated through.
 3. Remove from heat. Add avocado and mix. Serve warm.
- *Option not included in nutrition facts.

