

COCONUT-LIME BEAN SALAD CUPS

Makes 25 cups



INGREDIENTS

3 15oz cans of red kidney beans, drained and rinsed
2 lbs fresh corn kernels, drained and rinsed if canned or thawed if frozen
3 cups red bell pepper, diced
3 cups cucumber, diced
1 cup red onion, small diced
1 cup light coconut milk
2 limes, juiced
Salt and pepper, to taste
Optional: add chopped fresh herbs, like oregano, basil, or thyme
Optional: use lettuce cups for serving
Optional: add sliced cherry tomatoes, diced avocado, or other beans and peppers to taste.

DIRECTIONS

1. Drain and rinse the kidney beans. Place drained beans into a medium mixing bowl.
2. Drain and rinse the corn if canned, or thaw and rinse if frozen beans. Add to the mixing bowl.
3. Dice red bell peppers, cucumbers, and small dice red onion. Add freshly chopped ingredients to the beans and corn.
4. Pour coconut milk into bowl. Slice limes in half and squeeze into the bowl.
5. Mix gently with a spatula or large spoon until ingredients are well-distributed.
6. Season with salt and pepper to taste. If using, garnish with fresh herbs.
7. Taste for salt, and add to serving bowl or lettuce cups. Enjoy!

