



Spicy Tricolor Salad

Yield: Serves 6-8

Total Time: 15-20 minutes

Ingredients:

- 1 Bunch of Cilantro
- 1 Bunch of Green Onions
- 2-3 Tomatoes
- 1 Can or 1.5 Cups of Black Beans
- 1 Can of Corn or 4 Grilled Corns
- 2-4 Avocados
- 2-4 Limes
- 1/2 Red Onion
- 5-8 Serrano Chiles

- Himalayan Pink Sea Salt
- Cumin
- Cayenne

Equipment Needed:

- Cutting Board
- Knife
- Measuring Spoon
- Large Glass bowl or Serving Bowl
- Wooden Spoon or Spatula

Prep & Directions:

- Rinse the cilantro and remove the stems and place in bowl
- Rinse the green onions and finely slice the green onions and place in bowl
- Rinse about a handful of serrano chile (5-8), remove the tail/stems, and roll the chile, and then dice your serranos and place in the bowl
- Rinse the tomatoes, cut off and throw away the ends, then dice your tomatoes and place in the bowl
- Dice a half of a red onion into finely chopped pieces and place in bowl
- Rinse 1 can or 1.5 cups of black beans under cold water- this will help remove any of the black bean sauce for a clean crisp salad and when drained place in the bowl
- Pour 1 can of drained corn into the bowl or grill four pieces of corn and remove the corn from the cob and place the corn into the bowl
- Slice your avocados in half and remove the pit, then dice the avocado into cubes and place in the bowl
- Juice 2 limes and pour into the bowl
- Add 1 tablespoon of cumin into the bowl or dash the spice about 10 times
- Add 1 tablespoon of himalayan pink sea salt or grind about 10 times
- Add 1 teaspoon of cayenne pepper into the bowl
- Then get your wooden spoon or spatula and gently mix the ingredients on the bowl

*****Feel free to add more of the ingredients and season to suit your taste buds*****