



## *The Edible Garden*

Recipe featured at *Cooking for Your Health* demonstration,  
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### **Tomato, Corn and Black Bean Fiesta Salad**

By: Gayle Schmidt, Manager of Public Education  
at The New York Botanical Garden

#### **Ingredients**

4 ears of corn  
2 cans black beans, low sodium  
3-4 large tomatoes  
1 large cucumber, peeled  
8 tablespoons red wine vinegar  
1 bunch of cilantro  
juice of ½ a lime (optional)

#### **Instructions**

1. Dice the tomato and cucumber into small pieces, about the same size as the beans and corn.
2. Shave the corn kernels off the cob and mix with the tomatoes and cucumber in a bowl.
3. Rinse the black beans and add to the vegetables.
4. Add the vinegar and freshly chopped cilantro, adding more to taste if necessary. Add lime juice and toss evenly.
5. Preferably, let sit for a few hours to chill and let the flavors combine. Stir well again before serving.