



The Edible Garden

Recipe featured at *Cooking for Kids* demonstration, August 18

Black Bean Corn Medley

By: Jessi Walter, Founder and Owner, Cupcake Kids!

Serves 10 to 12

Ingredients

1 tablespoon olive oil
2 teaspoons red wine vinegar
Juice from 1 ½ limes
¼ teaspoon pepper
½ teaspoon salt
1 tomato, large
1 can black beans
½ can corn, rinsed and drained or 1 cup fresh
½ cup onion, chopped
2 teaspoons cilantro
1 avocado, diced

Instructions

1. Combine all ingredients in a large bowl and season with lime juice, salt, and pepper to taste.
2. Serve with homemade chips. To make these, cut pita bread into pieces and arrange on a baking sheet. Sprinkle on salt and olive oil and toss to coat. Bake at 400°F till golden brown.