



Nana Juju's Black Bean Salad

Featured on March 15, 2022 "Food Knowledge is Power: How to Eat Well on a Budget" demo with Chef Juju Harris

This is my go-to recipe when I know it's going to be another humid scorcher of a day. Out came the can opener, knife, cutting board and a few ingredients, and in 10 minutes I have dinner in the fridge. This recipe is a great picnic or potluck dish, and gets even better as it sits. Substitutions are easy: black eyes peas and parsley or white beans and basil. Serve with grilled chicken or fish and tortilla chips.

– Juju Harris



Black Bean Salad

Recipe by Juju Harris

Yield: 6 servings

Ingredients

15-16 ounces black beans, rinsed & drained

15-16 ounces corn, rinsed and drained

1 cup cilantro, finely chopped
1 red or orange bell pepper, diced
1 small red onion, finely diced
2 whole tomatoes, finely diced
½ fresh jalapeno or 1 pickled jalapeno, finely diced
1 cup olive oil
¼ - ½ cup apple cider vinegar
Salt and pepper and
squeeze of lime to taste

Directions

Mix everything together and let chill for at least 30 minutes.



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