



## Summer Corn & Bean Salad



**Calories per Serving:** 180

**Active Time:** 25 minutes

**Makes:** 7 Cups

**Total Time to Make:** 25 minutes

### Ingredients

1/4 cup Food You Feel Good About White Granulated Sugar  
1/4 cup Wegmans Apple Cider Vinegar  
1 1/4 cups Food You Feel Good About Just Picked Whole Kernel Bread & Butter Corn (Frozen Foods), cooked per pkg directions, cooled  
1/2 cup Food You Feel Good About Vegetable Oil  
1 red sweet pepper, cored, seeded, 1/4-inch dice  
1 cup trimmed, 1/4-inch diced celery  
1 cup peeled, 1/4-inch diced sweet onion  
2 jalapeno peppers, cored, seeded, minced (wear gloves when handling)  
1 can (15.5 oz) Food You Feel Good About Black Beans, drained, rinsed  
1 can (15.5 oz) Food You Feel Good About Black Eyed Peas, drained, rinsed  
Salt to taste

### Directions

1. Combine sugar and vinegar in large microwave-safe bowl. Heat in microwave about 1 min until sugar is dissolved; stir.
2. Add corn and oil; stir to combine. Add peppers, celery, onion, jalapenos, black beans, and black-eyed peas; toss to combine. Season with salt.

### Chef Tips

- Use leftover corn on the cob.
- Tastes even better the next day!