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**BLACK BEAN AND LENTIL SALAD**

Here’s another altered recipe from *La Dolce Vegan.*

**Ingredients:**

* 1 can black beans, drained and rinsed (or 1 1/3 cups precooked)
* 1 can lentils, drained and rinsed (or 1 1/3 cups precooked)
* ½ cup frozen corn, thawed
* 1 small red onion, diced
* 1 small red bell pepper, diced
* ¼ cup fresh cilantro, chopped

**Dressing:**

* ¼ cup olive oil
* ¼ cup flax, hemp or grapeseed oil
* ¼ cup red wine vinegar
* 1 Tbs. Dijon mustard
* 1 tsp. cumin
* 1 garlic clove, minced or chopped fine
* ½ tsp. sea salt
* ½ tsp. ground pepper
* Optional: 1 tsp. honey

**Method:**

1. Combine all the salad ingredients in a large bowl.
2. Add all dressing ingredients to a small deep bowl and whisk together (or a jar and shake).
3. Add the dressing to the salad ingredients and toss well.
4. Chill in the refrigerator for about an hour before serving to blend flavours.