

INGREDIENTS

- 1 large Red Bell Pepper
- 15 oz can of Black Eye Peas
- 1, 15 oz can Corn, drained or 3 fresh Cobs
- 1 Tomato, chopped
- ¼ cup Onion, chopped
- 6 tbsp White Vinegar
- 4 tbsp Olive Oil, divided
- ½ tbsp Honey or Maple Syrup (vegan option)
- 1 tsp Garlic, minced
- Salt and Pepper, to taste

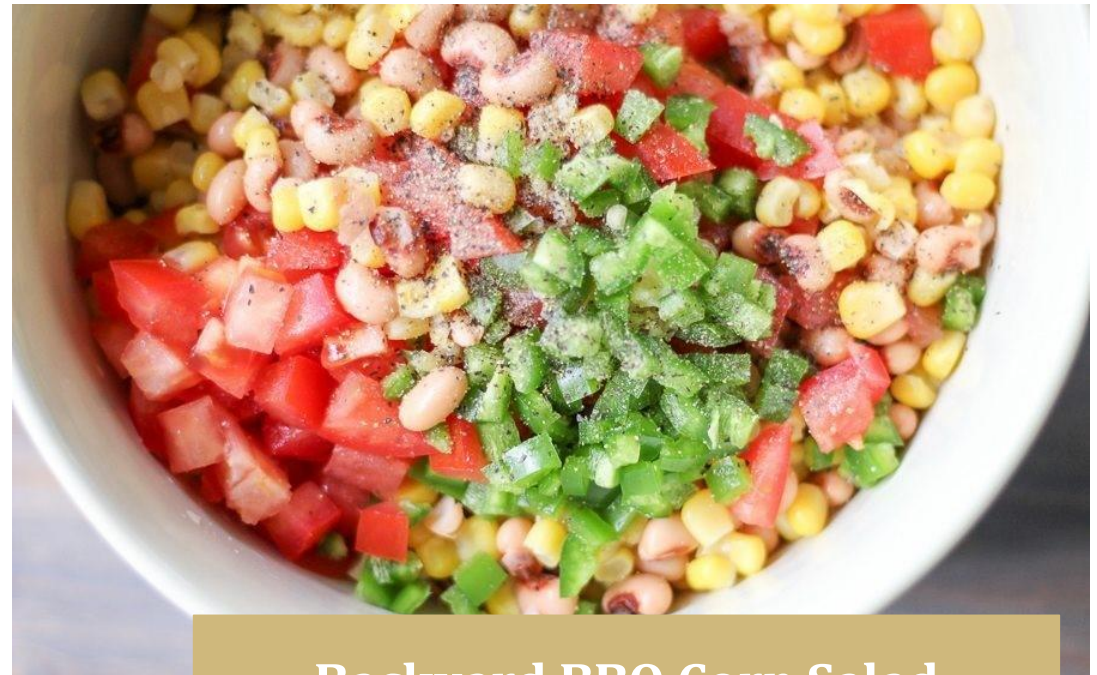
DIRECTIONS

1. Chop bell pepper in half and remove all seeds. Slice into wedges.
2. Lightly brush the pepper strips with 1 tablespoon of oil. Sprinkle with salt and pepper.
3. Place the pepper strips in a pan skin side down, place lid, and cook until they are tender and slightly charred. Flip them and cook the other side. Remove and let them cool.
4. Chop onion, drain/rinse beans and corn, mince garlic and combine all other ingredients into a bowl and mix.
5. Chop peppers once cool and add to mixture.
6. Enjoy!

Tips:

Add your favorite salad dressing to add flavor to your salad!
Try chicken or tuna for adding protein.

Add additional toppings like cilantro, jalapeno, spicy peppers, or favorite BBQ spices!



Backyard BBQ Corn Salad

*Fall 2019 Cooking Class |
Dairy-Free | Gluten Free | Vegetarian | Vegan*

Yield:
6 Servings

Prep Time:
10 Min

Cook Time:
15 Min