

## ***Southwest Corn, Black Bean and Ham Salad***

### **Ingredients:**

2 cans (15 ounces) whole kernel corn, drained

2 cans (15 ounces) black beans, drained (beans can be mixed variety)

2 can diced tomatoes

2 large red onion, finely chopped

¼ cup minced fresh cilantro

2 garlic cloves, minced

2 lbs cooked ham (from deli- buy cooked ham @ 3.98/lbs have sliced ½ thick) ½ in cubed

\* compare price with packaged ham for less expensive option

### **Dressing:**

2 tablespoons sugar

2 tablespoons white vinegar

2 tablespoons canola oil

1 ½ teaspoons lime juice

¼ teaspoon salt

¼ teaspoon ground cumin

¼ teaspoon pepper

**Directions:**

Rinse beans after draining to remove excess starch, drain

In a large bowl combine first seven ingredients

In a small bowl, whisk the dressing ingredients; pour over corn mixture and toss to coat.

Cover and refrigerate for at least 1 hour.