



Red, Black and Yellow Delight

Have you ever made a recipe that is so good that you just have to keep sampling it before serving it to your family? Well, this is one of those gems. You might want to double this delightful recipe to make sure there's enough for a couple meals . . . and for your taste tests!

Ingredients

- 1 can (15 ounce) black beans, rinsed and drained
- 2 cups frozen corn kernels
- 1 small red bell pepper, seeded and chopped
- ½ red onion, chopped
- 2 stalks celery, cut into a small dice
- 1 ½ teaspoons ground cumin
- 1-2 teaspoons hot sauce, (recommended: Tabasco)
- 1 lime, juiced
- 2 tablespoons vegetable or olive oil
- salt and pepper
- 4 Lettuce leaves to use for serving (optional)

1. Place all the ingredients (except of the lettuce leaves) in a large bowl and then lightly toss.
2. Allow the salad to stand at room temperature for at least 15 minutes which allows the flavors to fuse, plus this gives time for the corn to thaw while keeping all the other ingredients chilled.
3. Lay a salad leaf onto individual serving plates. Gently stir the salad before spooning it onto the lettuce lined plates.

Makes 4 servings

This recipe is from **The Daniel Fast: Feed Your Soul, Strengthen Your Spirit, and Renew Your Body** by Susan Gregory which is available at a paperback or eBook at her website or wherever books are sold including Amazon.com.

For more information about the Daniel Fast, visit www.Daniel-Fast.com