Try this salad recipe that only gets better with time. It is a great one to keep on hand in your refrigerator for a ready-made healthy meal or snack.

Prep and Cook Time: 15 minutes
1/2 cup minced onion
2 medium cloves garlic, pressed
2 cup black beans or 1 15 oz can (without BPA), drained and rinsed
1 cup frozen corn, thawed
8 cherry tomatoes, quartered
1/2 cup diced red bell pepper
2 TBS pumpkin seeds, coarsely chopped
1/4 cup chopped fresh cilantro
2 TBS extra virgin olive oil
3 TBS fresh lemon juice
salt and black pepper to taste

Mince onions and press garlic and let sit for at least 5 minutes to bring out their health-promoting benefits.
Mix all ingredients together and serve. This salad will keep for a couple of days and gets more flavorful if you let it marinate in the refrigerator for awhile.
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