

Black Bean Salad

By Kathy McGuire



Ingredients:

2 cans black beans
2 tbs olive oil
3 tbs sugar
2 tbs vinegar (Balsamic)
1 small onion, chopped

Directions:

Combine all ingredients. Do not drain the black beans.

Prepare in advance (either several hours or the day before) and refrigerate. Stir occasionally.

Beans can be served either cold or warm.

Serve as a side dish or over yellow rice. (If desired, chicken can be added to the rice.)

Note: I used balsamic vinegar for the Kitchen Chicks night at Vinaigrette.

The yellow rice can be purchased in the Spanish section of the grocery store (Cub). I buy VIGO brand.

Kathy McGuire

Kitchen Chicks

Oil & Vinegar Event – January 2010



Vinaigrette

Oil and vinegar to tap, taste and treasure

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