

# Transformations: Vegan Recipes You Can Live By

## Salsas

### Avocado, Bean and Corn Salsa

- 1/4 cup **Basic Vinaigrette**
- 1/4 cup green onions, thinly sliced
- 2 tablespoons cilantro or parsley, washed and chopped
- 1 teaspoon lemon or lime zest
- 1/4 teaspoon sea salt
- 1 15 ounce can black beans, drained and rinsed
- 1/2 cup frozen corn
- 1/4 cup red bell pepper, washed and diced
- 1 fully ripened avocado, pitted, peeled and diced

In a large bowl, whisk together **Basic Vinaigrette**, scallions, cilantro, lime peel, and salt. Add beans, corn and pepper. Toss to coat. Add avocados. Toss gently.

### Bell Pepper Salsa§

- 3 plum tomatoes, washed and finely diced
- 2 green bell peppers, washed and finely diced
- 3 red bell peppers, or other colored peppers, washed and finely diced
- 2 green onions, or 1/2 regular onion, washed and finely chopped
- 3-5 tablespoons lime juice, to taste
- 1-2 tablespoons olive oil
- pepper, to taste

*The original recipe suggested combining the combine peppers, onion and tomato in a food processor and pulse chopping to blend. That's fine but, alternately, simply manually finely dice the peppers, tomatoes and onion works too.*

Place peppers, onions and tomato mixture to a bowl. Stir in the lime juice and the oil and pepper to taste.

Seal container. Let salsa stand for at 30 minutes. Several hours to allow to marinate is even better.

Stir before serving.

### Bell Pepper, Corn and Avocado Salad

<http://www.rebootwithjoe.com/bell-pepper-corn-and-avocado-salad/>

#### SALAD

- 1 15 ounce can black beans, drained and rinsed
- 1 cup frozen corn
- 1 red bell pepper, washed, seeded and diced
- 1 orange bell pepper, washed, seeded and diced
- 1 avocado, peeled, pitted and diced

- 1/2 cup fresh cilantro, washed and chopped

#### DRESSING

- 1 lime, juiced
- 2 tablespoons olive oil
- dash of sea salt

Combine SALAD ingredients in a bowl.

In a small bowl, combine dressing ingredients.

Stir dressing into salad. Cover and refrigerate until ready to serve. Stir before serving.

### Black Bean Salad

- 2 16 ounce cans black beans, drained and rinsed
- 1 very large tomato, chopped
- 2 cups frozen corn
- 1/2 Vidalia onion, chopped
- 1 can water chestnuts, drained, rinsed and sliced
- 1 bunch cilantro, washed and chopped
- 1/2 lime, juiced
- 3 tablespoons balsamic vinegar, more to taste

Add beans, tomatoes, corn, onion, and water chestnuts to a bowl and mix. Add cilantro, lime, and balsamic vinegar and mix again.

Serve chilled.

### Black Bean and Corn Salad 1§

- 1/3 cup lime juice
- 1/2 cup olive oil
- 1 clove garlic, minced
- 1 teaspoon sea salt
- 1/8 teaspoon cayenne pepper
- 2 15 ounce cans black beans, drained and rinsed
- 1 1/2 cups frozen corn
- 1 avocado, peeled, pitted and diced, optional
- 1 green and/or red bell pepper, washed and diced
- 2 tomatoes, washed and diced
- 6 green onions, washed and sliced
- 1/2 cup cilantro, washed and chopped

Place lime juice, olive oil, garlic, salt, and cayenne pepper in a small jar. Cover with lid, and shake until ingredients are well mixed.

In a salad bowl, combine beans, corn, avocado, bell pepper, tomatoes, green onions, and cilantro. Shake lime dressing, and pour it over the salad. Toss salad to

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coat vegetables and beans with dressing.

Refrigerate several hours for flavors to meld before serving.

### Black Bean and Corn Salsa 2

#### SALAD

- 1 15 ounce can black beans, drained and rinsed
- 1 1/2 cups frozen corn
- 4 medium tomatoes, washed and diced
- 1/2 cup onion, chopped
- 1/2 green bell pepper, washed and finely chopped
- 1 avocado, peeled, pitted and chopped
- 1 small onion, diced
- 1 green bell pepper, washed and chopped
- 3 large cloves garlic, minced
- 1 red bell pepper, washed and chopped
- 1-2 jalapeño peppers, seeded and diced, or to taste
- 1 tomato, washed and diced
- 1/3 cup cilantro, washed and finely chopped
- 1/2 cup cilantro, washed and chopped
- 1 tablespoons lime juice
- 2 tablespoons dried basil
- 1 tablespoons lemon juice

#### DRESSING

- 1/2 orange, juiced
- 1 teaspoon lime juice
- 1 tablespoon seasoned salt
- 4 tablespoons balsamic vinegar
- 1 teaspoon garlic powder
- 1 tablespoon olive oil
- 1 teaspoon Bragg's Liquid Aminos
- 1 teaspoon prepared mustard

#### TO SERVE

- tortilla chips
- red pepper flakes, to taste, optional

Mix all ingredients into a large mixing bowl.

Chill before serving for at least one hour. Serve chilled.

### Cherry Tomato and Basil Salsa

Originally "Cherry Tomato and Basil Soup". Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 3003-3115). Houghton Mifflin Harcourt. Kindle Edition.

- 3 pints cherry tomatoes, washed and halved
- 6 sprigs fresh basil, chopped
- 1 clove garlic, minced
- 1 tablespoon lemon or lime juice
- additional herbs from the garden, chopped, optional

*It somewhat eludes me why the author would have considered this a soup. Granted, you could blend the*

*tomatoes but, from my perspective, it sound like it would make a better salad or salsa, which is why it's classified as such here. It's a great entrée during the summer fresh out of the garden.*

Combine ingredients in a large bowl and refrigerate until ready to serve.

### Classic Salsa§

- 2 cups tomatoes, washed and chopped
- 1 teaspoon jalapeño pepper, washed and minced
- 2 tablespoons red onion, minced
- 1/2-1 green bell pepper, washed and minced
- 2 tablespoons cilantro, washed and minced
- 1 tablespoon honey
- lemon juice
- chili powder, to taste
- sea salt, to taste

Combine ingredients in a bowl. Stir to combine.

Store in a tightly sealed container and refrigerate until ready to serve.

Stir before using.

### Clementine Salsa§

- 1 cup tomatoes, washed and minced
- 1/4 cup white onion, minced
- 3 halo or Clementine oranges, peeled and finely chopped
- 1/2 cup cilantro, washed and minced
- 1 tablespoon lime juice
- 1/4 teaspoon sea salt, or to taste

Combine all ingredients in a bowl. Stir to combine.

Briefly pulse chop in a food processor if salsa is too thick.

Store in a tightly sealed container and refrigerate until ready to serve.

Stir before using.

### Corn Salad

#### DRESSING

- 1 tablespoons lime juice
- 1/4 teaspoon sea salt
- 1/4 teaspoon hot pepper sauce
- 4 teaspoons olive oil

#### SALAD

- 1 1/2 cups frozen corn
- 1 1/2 cups tomatoes, washed and diced
- 1/2 cup cucumber, peeled and thinly sliced
- 1/4 cup red onion, thinly sliced

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- 2 tablespoon basil, minced

Combine DRESSING ingredients in a separate container.

Add corn, tomatoes, cucumber, onion and basil to a large bowl. Toss to combine.

Serve with dressing on the side.

### Corn and Avocado Salsa

- 1 cup frozen corn
- 1 medium tomato, chopped
- 2 medium green onions, sliced
- 2 tablespoons cilantro, chopped
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- 1/4 teaspoon garlic salt
- 1/4-1/2 teaspoon hot pepper sauce
- 1 medium avocado, pitted, peeled and coarsely chopped

In medium bowl, mix corn, tomato, green onions and cilantro.

In small bowl, mix lime juice, oil, garlic salt and pepper sauce with whisk until blended. Pour over corn mixture. Stir to coat. Gently stir in avocado.

Cover and refrigerate at least 1 hour to blend flavors.

### Corn and Tomato Salsa§

- 1-2 cups frozen corn
- 2 tomatoes, washed and chopped
- 1 small onion, chopped
- 1 red bell pepper, washed and seeded and chopped
- 1 avocado, peeled, pitted and diced
- 1 handful cilantro, washed and chopped
- 2 tablespoon lime juice
- 2 teaspoon ground cumin
- 2 tablespoon olive oil
- 1 jalapeño pepper, seeded and diced, optional

Combine all ingredients in a bowl.

Refrigerate for at least 1 hour or overnight.

Stir before serving.

### Cucumber Mango Salsa

- 1 1/2 cups mangos, thawed and diced
- 1 cucumber, peeled and diced
- 2 jalapeño peppers, seeded and finely chopped
- 1 large onion, finely diced
- 1 clove garlic, minced
- 1/4 cup cilantro, washed and chopped
- 1 tablespoon lime juice, or to taste
- sea salt, to taste

- pepper, to taste
- 1/4 cup fresh basil, washed

Stir together the mango, cucumber, jalapeño pepper, onion, garlic, and cilantro in a mixing bowl. Season with lime juice, salt, and pepper.

Refrigerate at least 2 hours before serving to allow the flavors to blend.

### Easy Cherry Tomato Corn Salad§

#### DRESSING

- 3 tablespoons olive oil
- 2 tablespoons lime juice
- 1 tablespoon cane sugar
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper

#### SALSA

- 2 cups frozen corn
- 2 cups cherry tomatoes, halved, or the equivalent in fresh tomatoes, diced
- 1 cup cucumber, peeled and chopped
- 1 cup jalapeño pepper, seeded and chopped, or one regular bell pepper, seeded, washed and finely minced
- 2 shallots, peeled and minced, or 1/2-1 onion, peeled and finely minced
- lettuce, washed and optional

*This recipe is a bit squarely. When I made it I followed the BASIC parameters.*

At the start, process the basil leaves in a food processor. If using fresh basil, wash leaves and spin dry first.

Combine basil, olive oil, lime juice, sugar, salt, and pepper in a blender, or a bowl. Blend until well combined.

Stir in corn, tomatoes, cucumber, jalapeño, and shallots together in a bowl.

*Tomatoes and peppers can be processed in a food processor for a finer mixture.*

Stir in DRESSING ingredients. Refrigerate until serving.

Optionally, service on a bed of lettuce.

### Fiesta Corn Salad§

- 1/2 cup green or red bell pepper, washed and chopped
- 1/2 cup celery, washed and chopped
- 3/4-1 cup frozen corn
- 1 cup cucumber, peeled and chopped
- 2 green onions, sliced
- 1 cup tomato, chopped

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- 1/2 cup **Italian Dressing**

Combine vegetables in a large bowl. Toss to combine.

Add dressing. Toss.

Cover and refrigerate for several hours before serving.

Toss before serving.

### Fresh Tomato Salsa§

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 965) The Experiment Kindle Edition

- 3 large tomatoes, washed and diced
- 1 small red onion, diced
- 1/2 cup fresh cilantro, washed and chopped
- 1-2 jalapeño peppers, seeded and minced
- 2 cloves garlic, crushed
- 3 tablespoons lime juice
- sea salt, to taste

Combine all ingredients in a large bowl and mix well. Optionally, pulse chop in a food processor for a finer salsa.

Store covered in refrigerator until ready to serve.

### Garden Summer Salsa§

- 4 tomatoes, diced
- 2 large cucumbers, peeled and diced
- 1 large red onion, chopped
- 1/4 cup cilantro, washed and chopped
- 1 lime, juiced
- sea salt, to taste

Combine all ingredients in a food processor. Pulse chop to make into a salsa.

Cover in a sealed plastic container in refrigerator until serving.

### Guacamole§

- 3 avocados, peeled, pitted and chopped
- 1 Serrano pepper, seeded and diced, optional
- 1 tablespoon ground coriander
- +1/2 teaspoon ground coriander, optional
- 1 teaspoon garlic, minced
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- 1 tablespoon onion, minced
- 1 large radish, sliced
- 1/4 cup tomato, washed and quartered

*Some like it hot; some don't. To reduce the intensity, leave out the Serrano pepper and the extra 1/2 (or more) teaspoon of ground coriander.*

Combine all ingredients in a food processor. Blend until smooth first pulse chopping and scraping the sides.

Once well mixed, combine for 10-15 seconds, being careful to not over blend.

Store in a tightly sealed container and refrigerate until ready to serve.

### Hummus§

- 2 cups chick peas (or 1 can of organic chick peas drained and rinsed), sprouted for 2 days and washed and spun dry
- 1 green bell pepper, seeded and coarsely chopped
- 1-2 cloves garlic, minced
- 1 cup **Tahini**
- 1-2 lemons, juiced
- 1 cup cilantro, washed and coarsely chopped
- 3-4 tablespoons olive oil
- sea salt, to taste
- paprika, as a garnish, optional

In a food processor, start by pulse all ingredients, except paprika, and then fully turned on until smooth and creamy, about 15-30 seconds, depending on how chunky you want the Hummus to be. Optionally, top with a pinch of paprika and serve.

*Store in a tightly seals plastic container. Keep in mind that Hummus has a rather short shelf life. This particular recipe makes an excellent dip and goes very well as a sandwich spread or on gluten free crackers.*

### Island Black Bean Dip

- 1 15 ounce can of black beans, rinsed and drained
- 2 teaspoons salsa
- 1/4 cup green onions, minced
- 1 1/2 tablespoons apple cider vinegar
- 2 tablespoons sun dried tomatoes, minced
- sea salt, to taste
- 2 tablespoons red onion, minced
- 1/2 cup mango, thawed and diced
- 1/4 cup red bell pepper, washed and diced
- 1 tablespoon cilantro, washed and chopped

Remove 1/4 cup of black beans and set aside. Place remaining beans in a food processor. Add salsa, scallions, vinegar and dried tomatoes. Purée until relatively smooth.

Transfer to a bowl and add reserved black beans, red onion, mango and red bell pepper. Mix well.

Cover and chill for 1 hour. Garnish with cilantro.

### Mango Black Bean Salad

- 2 15 ounce cans black beans, drained and rinsed
- 1 1/2-2 cups mangos, thawed and diced
- 1 medium red bell pepper, washed and seeded and diced

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- 1 bunch green onions, washed and thinly sliced
- 1/2 cup cilantro, washed and finely chopped
- 1 jalapeño pepper, seeded and minced
- 1/2 cup red wine vinegar
- 1 teaspoon orange zest
- 1 lime, juiced

Combine all ingredients in a large bowl and mix well.

Chill for 1 hour before serving.

### Mango Salsa 1

- 1 cup mango, thawed and diced
- 1/2 cup red bell pepper, washed and diced
- 1/2 cup red onion, minced
- 1 tablespoon jalapeño pepper, seeded and minced
- 1 tablespoon fresh mint, minced
- 1 tablespoon balsamic vinegar
- 2 tablespoons lime juice
- 1 tomato, washed and diced

Combine all the ingredients in a medium bowl. Mix thoroughly.

Store in a tightly sealed container and refrigerate until ready to serve.

Stir before using.

### Mango Salsa 2

Originally "Mango Gazpacho". Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 3020-3039). Houghton Mifflin Harcourt. Kindle Edition.

- 2 cups mangos, thawed if frozen, cut into chunks
- 1 red bell pepper
- 2 green onions, washed and diced
- 1/3 cup fresh cilantro, washed and chopped
- 12 cherry tomatoes, washed and halved

Combine all ingredients in a blender and pulse chop to form into a salsa using care to prevent mixture from turning into a liquid.

Refrigerate and stir before serving.

### Mango, Peach and Pineapple Salsa

- 1 cup mangos, thawed and diced
- 2 small peaches, peeled, pitted and diced
- 2 cups fresh pineapple, peeled and diced
- 4 tomatoes, chopped
- 1 white onion, diced
- 1 red bell pepper, washed and diced
- 1 yellow bell pepper, washed and diced
- 1 cup cilantro, washed and chopped
- 1 clove garlic, minced
- 2 tablespoons lime juice
- 1 teaspoon sea salt
- 3/4 cup filtered water

Place the mango, peach, pineapple, tomato, onion, red pepper, yellow pepper, pineapple, and cilantro in a mixing bowl. Stir in the garlic, lime juice, salt, sugar, and water.

Cover and refrigerate at least 1 hour before serving.

### Marinated Bean Salad

A Celebration of Wellness, James Levin, M.D. and Natalie Cederquist, © 1992, page 86.

#### SALAD

- 2 Anaheim peppers, washed and seeded and diced
- 1 15 ounce can black beans, drained and rinsed
- 1 1/2 teaspoons fresh ginger, peeled and minced
- 3/4 cup red bell pepper, seeded and chopped

#### DRESSING

- 1/3 cup olive oil
- 1/3 cup lemon juice
- 1/3 cup brown rice vinegar
- 1/2 tablespoon dried garlic
- 1 bunch green onions, washed and minced
- 1/2 teaspoon sea salt
- 1/2 teaspoon fennel seeds
- 1 tablespoons dried basil

Combine ingredients in a medium bowl and cover with plastic wrap.

Refrigerate overnight. Stir before serving.

### Mexican Bean Salad

#### SALAD

- 1 15 ounce can black beans, rinsed and drained
- 1 15 ounce can red kidney beans, drained and rinsed
- 1 15 ounce can cannelloni beans, drained and rinsed
- 1 green bell pepper, washed and chopped
- 1 red bell pepper, washed and chopped
- 1 cup frozen corn
- 1 red onion, chopped

#### DRESSING

- 1/2 cup olive oil
- 1/2 cup red wine vinegar
- 2 tablespoons lime juice
- 1 tablespoon lemon juice
- 2 tablespoons cane sugar
- 1 tablespoon sea salt
- 1 clove garlic, crushed
- 1/4 cup cilantro, chopped
- 1/2 tablespoon ground cumin
- 1/2 tablespoon pepper
- 1 dash hot pepper sauce, or to taste

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- 1/2 teaspoon chili powder, or to taste

In a large bowl, combine all the ingredients under SALAD.

In a blender, combine olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder.

Pour olive oil dressing over vegetables. Mix well.

Chill thoroughly, OVERNIGHT and serve cold.

### Mild Salsa

- 1/2 cup green bell pepper, washed and minced
- 1/2 cup red bell pepper, washed and minced
- 1/2 cup red onion, minced
- 1 1/2 cups tomatoes, washed and diced
- 3 tablespoons cilantro, washed and minced
- 1 teaspoon garlic, minced
- 3 tablespoons olive oil
- cayenne pepper, to taste
- chili powder, to taste

Combine bell peppers, onion, tomato, cilantro, garlic and olive oil in a bowl. Stir to combine. Add cayenne pepper and chili powder. Stir to blend.

Store in a tightly sealed container and refrigerate until ready to serve.

Stir before using.

### Minted Corn Salad§

- 2 cups frozen corn
- 1 15 1/2 ounce can of organic garbanzo beans, drained and rinsed
- 2 teaspoons brown rice vinegar
- 1 lemon, juiced
- 1/2 cup carrot, peeled and grated, about 1 carrot
- 1 bunch of green onions, washed and minced
- 1/4 cup fresh mint, minced
- 1/2 teaspoon sea salt

Combine all ingredients in a medium bowl. Toss to combine.

Refrigerate for several hours to allow corn to unthaw and for flavors to meld.

Stir well before serving.

*Really surprisingly delicious once it has a chance to sit for a while in the refrigerator. Serve as a side dish.*

### Navy Bean Salad

A Celebration of Wellness, James Levin, M.D. and Natalie Cederquist, © 1992, page 84.

#### SALAD

- 1 15 ounce can Navy beans, drained and rinsed
- 2 green onions, minced
- 1/2 cup cilantro, washed and chopped
- 1/2 cup cucumber, peeled and chopped
- 1/2 cup radishes, washed, halved and sliced
- 1 tablespoon raspberry vinegar
- 1 tablespoon lemon juice
- 1 medium tomato, diced
- 1 teaspoon dried basil
- 1 teaspoon Bragg's Liquid Aminos
- 1/2 tablespoon jalapeño pepper, seeded and minced
- 2 tablespoons walnuts, chopped

#### GARNISH

- cilantro, washed and minced, optional
- cherry tomatoes, washed and halved, optional

Combine all ingredients in a medium bowl. Refrigerate until well chilled.

Optionally, garnish with additional cilantro and cherry tomatoes to serve.

### Orange Avocado Cilantro Picante

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 3158-3177). Houghton Mifflin Harcourt. Kindle Edition.

- 3 Navel oranges, peeled, seeded and diced
- 1 avocado, peeled, pitted and diced
- 1/2 bunch cilantro, washed and chopped
- 1 large beefsteak tomato, washed and diced
- 3 green onions, washed and diced
- 1/4 small red pepper, seeded and diced
- 1 clove garlic, minced
- 1/4 jalapeño pepper, seeded and diced

Combine ingredients in a food processor.

Pulse chop to form into a salsa being careful to avoid turning salsa into a liquid.

Refrigerate and stir before serving.

### Refreshing Mango Salsa for Summertime

- 1 cup mango, thawed and diced
- 1 tomato, washed and diced
- 1/4 red onion, diced
- 1/2 lime, juiced
- 1 teaspoon dried parsley
- sea salt, to taste
- pepper, to taste

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Combine mango, tomato and red onion in a bowl. Add lime juice, parsley, salt and pepper. Toss until well combined.

Refrigerate until ready to serve.

### Salsa Verde 1

- 1 1/2 pounds tomatillos, skins removed, optionally cooked, diced
- 1 white onion, diced
- 1/2 cup cilantro, diced
- 2 limes, juiced
- 1 jalapeño pepper, seeded and diced
- sea salt, to taste
- cane sugar, to taste

Combine ingredients in a bowl. If too tart, add sugar to taste to sweeten. Cover and refrigerate until ready to serve.

Optionally, combine ingredients in a blender and blend on pulse setting.

I prefer a chunkier salsa but this also works as a sauce.

### Salsa Verde 2

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 974) The Experiment Kindle Edition

- 1 pound tomatillos, with husk removed and coarsely chopped
- 2 poblano peppers, roasted, seeded and minced
- 6 green onions, washed and chopped
- 2 cups fresh cilantro, washed and chopped
- 1 serrano chili pepper, seeded and minced
- zest from 2 limes
- sea salt, to taste

Combine all ingredients in a food processor.

Pulse chop to form a salsa to the texture desired, usually smooth and creamy.

### Texas Tangy Salsa

- 1 medium grapefruit, peeled, sectioned, seeded and diced
- 1 large Navel orange, peeled, sectioned, seeded and diced
- 1 medium green bell pepper, washed and chopped
- 1 medium red bell pepper, washed and chopped
- 1 medium yellow pepper, washed and chopped
- 1 jalapeño pepper, seeded and chopped
- 3 tablespoons red onion
- 1 tablespoon cilantro, minced
- 1 1/2 teaspoon cane sugar
- 1/2 teaspoon sea salt

Place grapefruit and orange in a bowl. Add the remaining ingredients. Mix well.

Cover and refrigerate for a least 2 hours.

### Tomato Salsa

- 3 tomatoes, washed and chopped
- 1 small onion, chopped
- 1 jalapeño pepper, seeded and finely chopped, optional
- 1/4 cup cilantro, washed and chopped
- 1 tablespoon lime juice
- 1/8 teaspoon sea salt

Combine all ingredients and toss to combine.

Refrigerate to chill. Stir before serving.

### Tomato, Corn and Bean Salad 1

- 1 medium red onion, cut into rings and then sliced
- filtered water
- pinch sea salt
- 2 cups frozen corn
- 3 large tomatoes, washed and diced
- 1 15 ounce can black beans, drained and rinsed
- 1 cup basil, finely chopped
- 2 tablespoons balsamic vinegar
- sea salt, to taste
- pepper, to taste

Place onions in a bowl of salted water and refrigerate for 2 hours. Remove onions and rinse several times in a salad spinner.

In a large bowl, combine corn, tomatoes, beans, onion, basil, balsamic vinegar, and salt and pepper. Toss to combine.

Chill for at least 1 hour before serving.

### Tomato, Corn and Bean Salad 2

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1723) The Experiment Kindle Edition

- 2 cups frozen corn
- 3 large tomato, washed and d and
- 2 15 ounce cans Navy beans, drained and rinsed
- 1 medium red onion, diced
- 1 cup fresh basil, finely chopped
- 2 tablespoons balsamic vinegar
- sea salt, to taste
- pepper, to taste

*The original recipe called for six ears of fresh corn, removed from cob and cooked. That's too much work. I replaced it with frozen corn. Fresh corn would be preferable but necessarily practical.*

In a large bowl combine all the ingredients listed.

Cover and chill in refrigerator for at least one hour. Stir before serving.

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