

BEAN AND CORN DIP
with a Southern Twist



INGREDIENTS

Salad

All cans should be drained and rinsed well. Depending on the size of your crowd you may use fewer or more cans. This does keep well in the refrigerator for several days.

1-2 cans of corn

1-2 cans of black beans

1 can of black-eyed peas

2-3 cans of Rotel tomatoes and green chiles

1 bunch of green onions

1 carton of reduced-fat Feta cheese

1 bunch of fresh cilantro

Dressing

1 cup of sugar

½ cup of apple cider vinegar

½ cup or canola oil

DIRECTIONS

I use scissors for my herbs and onions.

Rinse, drain and then pour the canned ingredients into a bowl.

Thinly chop the tops of a green onion.

Thinly chop the cilantro.

Break up the feta into small pieces and stir.

Meanwhile, boil and let the dressing cool, stir it well and pour over the dip. Let the dip cool in the refrigerator for several hours.