

Black Bean and Corn Salad

Ingredients:

- 1 can (15 ounces) black beans, rinsed and drained
- 4 ounces Monterey Jack cheese, cut into ¼-inch cubes
- 1 can (8-3/4 ounces) whole kernel corn, drained
- ¼ cup sliced green onions with tops
- ¾ cup thinly sliced celery
- 1 small sweet red pepper, diced
- ¾ cup picante sauce
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- ½-1 teaspoon ground cumin
- 1 garlic clove, minced

Directions:

1. Combine all ingredients in a large bowl, mix well.
2. Cover and chill several hours or overnight.

Dylan Skelton
Junior
Bean Salad
Collingsworth County

Balsamic Green Bean Salad

Ingredients:

- 2 pounds fresh green beans
- 2 cups cherry tomatoes
- 1 large red onion
- 1 cup fresh Parmesan cheese

Dressing:

- 1/4 cup olive oil
- 3 tablespoons lemon juice
- 3 tablespoons balsamic vinegar
- 1/4 teaspoon garlic powder
- 1/4 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Trim and cut green beans into small pieces.

Place green beans in a Dutch oven, cover with water and bring to a boil. Boil for 10 minutes.

Place green beans in a bowl of ice water, drain and pat dry.

Put green beans in a bowl, add onion, tomatoes, and Parmesan cheese.

In small bowl, whisk olive oil, lemon juice, mustard, garlic, salt and pepper. Drizzle over green beans. Refrigerate for an hour. Serves 16

Laramie Shields
Junior
Bean Salad
Dallam County

Veggie & Black Bean Salad

- 1—15 oz. can of organic black or adzuki beans
- 2 cups fresh corn or frozen
- 2 cups cherry tomatoes, halved
- 1 red pepper, chopped
- 1 orange pepper, chopped (color of the pepper may vary)
- 1/2 cup red onion, diced
- 2 jalapenos, chopped finely
- 1/3 cup fresh lime juice
- 1/4 cup olive oil
- 1/4 cup cilantro leaves, chopped
- 1 teaspoon salt
- 3/4 teaspoon of ground cumin
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon ground black pepper

Combine in a bowl and refrigerate for at least 2-3 hours to let the flavors mingle. You can serve this as a side dish, with tortilla chips at a party or just with a big spoon! YUM!

Brycen Epperson
Junior
Bean Salad
Gray County

Southwest Bean Salad

Ingredients:

- 1 can kidney beans, drained (15 ounces)
- 1 can black beans, drained (15 ounces)
- 1 can corn, drained (15 ounces)
- 1 can crushed tomatoes (15 ounces)
- 1 can chopped green chilies, drained (4 ounces)
- 1/4 cup finely chopped onion
- 1 tablespoon oil
- 3 limes, juiced (optional)
- salt (to taste, optional)
- pepper (to taste, optional)

Directions:

- 1) Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.
- 2) Add lime juice, oil, salt, and pepper; toss gently to combine.
- 3) Serve by itself.

Marinated Green Bean Salad

Ingredients:

Can French green beans
Can shoepeg corn
Can English peas
small jar pimientos
1/2 c. sugar
1/2 c. oil
1/2c. white vinegar
salt & pepper to taste

Drain canned vegetables and reserve juice. In a sauce pan, combine reserved juices with remaining ingredients and bring to a boil. Pour mixture over vegetables and chill in the refrigerator until cool.

Tinley Pennington
Junior
Bean Salad
Hemphill County

White Bean Salad

Yields: 6-8 Servings

Ingredients:

1 cup dried small white beans
1 clove garlic
1 bay leaf
4 cups extra virgin olive oil
2 teaspoons lemon zest
1 Tablespoon lemon juice
½ teaspoon honey
1 Tablespoon Chopped Shallot
1 cup snow peas/sugar snap peas
2 bunches fresh chives
5 mild radishes (Lady Slipper radishes); thinly sliced
3 Tablespoons chopped basil

Directions:

- 1) Soak beans; cook in crock pot w/garlic and bay leaf
- 2) In a small bowl, combine olive oil, lemon zest, lemon juice, honey, and shallot. Whisk
- 3) Drain beans; add 1/3 vinaigrette to warm beans and toss. Let stand 15 minutes, tossing occasionally.
- 4) Cook snow peas in boiling water for 1 minute. Place them in bowl of ice water. Drain, pat dry, and slice them.
- 5) In a large salad bowl, place cooked beans, snow peas, chives, radishes, and basil. Pour remaining dressing over and toss lightly. Serve immediately.

Kimberly Ramos
Junior
Bean Salad
Potter County

Festive Protein Packed Bean Salad

- 1 can black beans, drained and rinsed
- 1 can garbanzo beans, drained and rinsed
- 1 can pinto beans, drained and rinsed
- ½ bottle Italian dressing
- 2 roma tomatoes, diced
- ½ purple onion, diced
- ½ stalk celery, diced
- ¼ tsp garlic, minced
- Salt and pepper to taste
- A squeeze of lemon to taste
- 1 ripe avocado for garnish

Mix all ingredients in a large bowl and chill 1 hour. Line a plate with two whole large romaine lettuce leaves, washed and dried. Divide beans mixture evenly onto lettuce leaves. Garnish with diced avocado. Serve chilled and enjoy!

Jacie Guerrero
Junior
Bean Salad
Randall County

Black Bean Salad

- Servings: 4
- Total Time: 30 Minutes
- Ingredients:
 - 1 15-ounce cans black beans, rinsed and drained
 - 1 15.25-ounce can corn, drained
 - 1 red bell pepper, diced
 - 1 garlic clove, minced
 - 1 teaspoons salt
 - 1/8 teaspoon cayenne pepper
 - 1 tablespoons sugar
 - 4 tablespoons extra virgin olive oil
 - 3 tablespoons fresh lime juice
 - 1/4 cup chopped fresh cilantro, plus more for garnish
 - 1 avocado, chopped

Instructions:

Combine all ingredients except for avocados in a large bowl and mix well. Cover and chill for a few hours or overnight. Right before serving, add avocados and mix gently, being careful not to mash avocados. Garnish with a more chopped cilantro if desired. Serve at room temperature.

Addyson Hale
Junior
Bean Salad
Roberts

Frito Bean Salad

15 ounce cans Ranch Styles Beans, drained
1 large tomato, chopped
1/2 head lettuce, chopped
8 ounce Catalina dressing
9 3/4 ounce bag of Fritos
8 ounce bag of shredded cheese

Mix top 4 ingredients together in large serving bowl. Add Fritos before serving and top with shredded cheese.

Kaytly Clift
Junior
Bean Salad
Sherman

Texas Caviar (Black Bean Salsa)

Mix:

1/2 tsp. salt and 1/2 tsp. pepper
1/4 C. olive oil
3/4 C. Vinegar
1/3 C sugar

Rinse and Drain:

1 can each: black eyed peas, pinto and black beans (can also use dry beans)
1 C. corn (reserve liquid) or freeze-dried corn
1 small jar pimento or roasted Red Peppers
1 Green and/or red pepper dehydrated (reconstitute in juice from corn)

Serving Bowl:

Cut one avocado in half and scoop out one spoonful.

Directions:

Mix all Ingredients. Fill each half of the avocado with black bean salad.
Serve with tortilla chips.