

SUMMER

Liza's Mango Black Bean Salad

Call it what you may (salad? chutney? salsa?), Eliza made this delicious dish to accompany her fabulous Jamaican jerk chicken for Sunday dinner. It's a salsa or a salad depending on how you prepare it and what proportions you decide upon. This recipe is not an exact science. She wanted to put red onion in, but Lane stole it for his baked new potatoes/3 onion/sun dried tomato dish. You can eat it separately or on the chicken. It would also be great with chips!

1 can black beans, drained and rinsed
the corn from 4-6 cobs of cooked fresh corn on the cob
3-4 ripe mangoes, cut into chunks (or diced if you want smaller pieces)
3 ripe avocados, cut into chunks (or diced if you want smaller pieces)
a bunch of cilantro, rinsed and diced (maybe 1 cup)
red onion, diced (maybe a half a medium onion?)
juice and zest from 2 limes
kosher salt and freshly ground pepper, to taste

Mix all the ingredients together in a bowl. Yield: 10 servings.