

BLACK BEAN & ROASTED CORN PASTA SALAD

Ingredients

- 3 ears fresh corn, cut from cob (about 2 1/2 cups kernels or 1 (10-ounce) package frozen corn, thawed)
- 8 ounces whole wheat fusilli pasta, cooked, drained and cooled
- 1 (15 ounce) can no-salt-added black beans (about 1 1/2 cups), rinsed and drained
- 1 tomato, diced
- 1/2 cup fresh cilantro, chopped
- 3 tablespoons sliced green onion
- 3 tablespoons nutritional yeast
- 2 tablespoons lemon juice
- 2 tablespoons reduced-sodium tamari
- 1 teaspoon lemon zest

Directions

Preheat oven to 400 F. Line a rimmed baking sheet with parchment paper.

Spread corn kernels in a single layer and roast 18 to 20 minutes or until starting to turn golden.

(Alternately, grill corn on the cob, allow to cool and remove kernels.)

In a large mixing bowl, combine roasted corn with pasta, beans, tomato, cilantro, green onion, nutritional yeast, lemon juice, tamari and lemon zest.

Toss well and serve.