

RECIPES *Bean & Sausage Salad w Laurentide Pinot Noir Rosé*

INGREDIENTS

2 c beans

2c tomatoes

2 c corn kernels

1/4 c cilantro

1 lime

1 T olive oil

sea salt

cracked pepper

4 sausages

DIRECTIONS

1. Grill sausages- hot Italian, kielbasa, whatever your preference. Cool and slice into rounds and then quarters.
2. Chop tomatoes and cilantro. Juice lime.
3. Cook black or pinto beans or drain beans if canned. Cook corn on cob and remove kernels from cob or drain frozen or canned corn (not necessary to cook).
4. Combine all ingredients together. Best to let marinate over night in refrigerator to incorporate the flavors.
5. OPTIONAL: Several items can be added to individualize this basic dish including shredded Parmesan or mozzarella cheese, and sliced green onions, scallions, red onions or shallots to taste. Add chopped avocado at serving time to avoid oxidative browning.

Enjoy with Laurentide Pinot Noir Rosé for a perfect summer salad!

Serves 4-6