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# Roasted Poblano, Black Bean, Corn, and Mango Salad

Servings: 8

====Dressing====

1 jalapeño chili, minced  
2 whole cloves garlic, unpeeled

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3/4 cup loosely packed cilantro leaves  
1/4 cup fresh lime juice  
1 tablespoon white wine vinegar  
3/4 teaspoon ground cumin  
1 teaspoon Kosher salt  
1/3 cup extra-virgin olive oil

====Salad====

2 poblano peppers  
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2 cups frozen corn, thawed  
1 15-ounce can black beans, drained and rinsed  
1 1/2 cups quartered cherry or grape tomatoes  
1 1/2 cups peeled and cubed ripe mango  
1/2 cup chopped green onions  
1/3 cup diced red onion  
8 ounces queso fresco or queso blanco, cubed

====Dressing====

1. Place the jalapeño and garlic in a small dry skillet. Roast over high heat, turning often, until soft and browned. This will take about 10 minutes for the garlic and 15 minutes for the jalapeño. Remove to a plate and cool.
2. Remove the blackened skin; stem and seed the jalapeño. Peel the garlic.
3. Place the jalapeño, garlic, cilantro, lime juice, vinegar, cumin, and salt in a blender and blend for 30 seconds. Slowly pour in the oil with the motor running. Set aside until ready to use.

====Salad====

3. Roast the poblanos over an open flame on your stove-top or under a broiler until completely black. Put in a bowl, cover the bowl with plastic wrap, and cool. Remove the blackened skin; stem and seed the poblanos. Chop and put in a large bowl.
4. Add the remaining salad ingredients to the bowl with the chopped poblanos. Combine; toss with dressing and serve.

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Per Serving (excluding unknown items): 310 Calories; 10g Fat (29.1% calories from fat); 13g Protein; 44g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 296mg Sodium; 3g Total Sugars; 0mcg Vitamin D; 76mg Calcium; 4mg Iron; 993mg Potassium; 225mg Phosphorus. Exchanges: 5 Grain(Starch).