

Doug's Southwest Salad

2 Tbsp. canola oil
6 to 8 diced jalapeno or serrano peppers (serrano for hot, jalapeno for mild)
1 medium red bell pepper, seeded and chopped
1 medium yellow bell pepper, seeded and chopped
3 Tbsp diced sweet onion (Spanish or Yellow)
1 clove garlic (minced or pressed)
1 tsp. each salt, cumin and chili powder
½ tsp Cajun Seasoning
¼ cup chopped cilantro
1 can white hominy, drained and rinsed
1 can sweet corn, drained
1 can black beans, drained and rinsed
½ cup chunky salsa

Heat oil in a large skillet on medium-high heat. Add peppers, onion and garlic. Cook until softened and onion just begin to become translucent -- about 3 to 5 minutes.

Add salt, cumin, chili powder, Cajun Seasoning and chopped cilantro. Saute until fragrant (about 30 seconds to 1 minute).

Add hominy, sweet corn and black beans and cook until ingredients are heated through and hominy begins to brown, about 5 to 8 minutes.

Remove from heat. Stir in salsa. Garnish with sour cream and chopped cilantro, if desired. Serve alone as a salad, or with corn tortilla chips on the side.

Refrigerate any leftovers. Serves 6.