

Black Bean and Corn Salsa

Ingredients

- 3/4 tsp cilantro leaves
- 2 tsp red onion
- 2 tbsp green bell peppers
- 1/3 cup canned black beans, low sodium
- 2/3 cup frozen corn
- 1/4 tsp taco seasoning mix, dry
- 3/8 tsp chili powder
- 3/8 tsp cumin
- 3/4 tsp lime juice



Directions

1. Mince cilantro, then dice onion and green peppers into bite-sized pieces.
2. In a large bowl, combine all ingredients, taking care to drain and rinse the black beans thoroughly. Mix until fully incorporated. (If corn is not ready to eat, cook and chill prior to adding).
3. Refrigerate for 30 minutes before serving. Adjust seasonings by adding more cilantro, cumin, and lime juice if needed.

Notes

Number of Portions: 4

Serving Size: 1/4 cup

Nutrition Facts: 39 calories,
0.31 g fat, 0.05 g saturated fat,
45 mg sodium, 8.19 g
carbohydrate, 1.97 g fiber, 0.7 g
sugar, 1.89 g protein