

Black Bean and Corn Salsa

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Salsa is not only great with chips; try it on your omelet, in a sandwich wrap and over a fish or chicken dish.

16 servings | Prep Time: 20 minutes | Total Time: 20 minutes

Ingredients

NOTE: Use No Added Salt canned items if possible

- 1 (15 ounce) can white corn, drained
- 1 (15 ounce) can yellow corn, drained
- 1 (15 ounce) cans black beans, drained and rinsed
- 1 (14.5 ounce) can Italian-style diced tomatoes, drained and chopped
- 1 bunch finely chopped cilantro
- 5 green onions, finely sliced
- 1 small red onion, finely chopped
- 1 red bell pepper, seeded and chopped
- 1 tablespoon minced garlic
- 1/4 cup lime juice
- 1 tablespoons olive oil, or to taste

Preparation

1. Stir the yellow and white corn, black beans, tomatoes, green onion, red onion, bell pepper, and garlic in a large bowl. Gently juice lime over mixture. Drizzle olive oil, stir to coat contents. Add cilantro and serve.

Nutrition

Per serving: 60 Calories; 1.3 g Fat; 0.2 g Sat; 0.7 g Mono; 0.0 mg Cholesterol; 10.4 g Carbohydrates; 2.3 g Protein; 2.2 g Fiber; 123 mg Sodium; 78.5 mg Potassium

Tips & Notes

Note: Salsa by definition is made nearly entirely from vegetables. However, store bought salsas may contain around 240mg of sodium per a 2 tablespoon sized serving! Instead, make your own from canned, no salt added or frozen vegetables to greatly reduce the sodium content!