



**VETRI
COMMUNITY
PARTNERSHIP**

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MOBILE TEACHING KITCHEN

Black Bean & Corn Salsa

INGREDIENTS:

- 1 – 15.5-ounce can black beans, drained and rinsed
- 2 cups fresh, canned, or frozen corn
- ½ medium onion, diced small
- 1 bunch scallions, thinly sliced
- 1 red bell pepper, diced small
- 3 Tablespoons cilantro, roughly chopped
- ¼ cup vegetable or olive oil
- 2 Tablespoons red wine vinegar
- Juice of 1 lime
- 1 teaspoon cumin
- ¼ teaspoon salt
- ¼ teaspoon black pepper

DIRECTIONS:

1. In a large bowl, combine black beans, corn (if using frozen, thaw before adding), onion, scallion, red pepper, and cilantro.
2. In a small bowl or high-sided container, whisk or shake together oil, vinegar, lime juice, cumin, salt, and pepper.
3. Pour dressing over salsa ingredients and stir well to combine. Let sit to allow flavors to meld – the longer the better.
4. Serve as a dip or topping, stirring before serving. Enjoy!