

Black Bean & Corn Salsa (IST)



Serves 30 2-ounce servings

Time: 25 minutes

Ingredients:

- 4 scallions, cut into small pieces
- 1 bell pepper (any color), diced small
- ¼ cup chopped cilantro leaves, tightly packed
- (1) 15-ounce can low-sodium black beans, drained and rinsed
- 2 cups corn (fresh, canned, or frozen)*
- ¼ cup canola oil
- 2 Tablespoons red wine vinegar
- 1 lime, juiced
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Kitchen Tools:

- Cutting boards
- Plastic lettuce knives
- Set of mixing bowls
- Measuring spoons
- Dry measuring cups
- Whisk
- Juicer
- Large mixing spoon
- Can opener

***If using canned corn, rinse and drain before using. If using frozen corn, thaw before use.**

Instructions:

1. The assistant educator begins prepping for cooking while the lead educator introduces the lesson. Lead educator reads the recipe aloud with the students.
 - Group 1: Prepare scallions, dice bell pepper, and chop cilantro. Add to a large bowl. Prepare black beans and corn add to the bowl with bell pepper, onion, and cilantro. Give bowl to Group 2.
 - Group 2: Make dressing- In a medium bowl, whisk together olive oil, red wine vinegar, lime juice, cumin, salt, and black pepper. Pour dressing over the bowl from Group 1, mix together gently, and let sit until ready to serve.
2. Serve Black Bean and Corn Salsa with Homemade Tortilla Chips. Enjoy!

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Nutrition Facts

Serving Size 1 × 8 Serving

Amount Per Serving

Calories 177.6

% Daily Value*

Total Fat	7.5 g	10 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	77 mg	3 %
Total Carbohydrate	23.9 g	9 %
Dietary Fiber	7.2 g	26 %
Total Sugars	2.4 g	
Added Sugars	0 g	0 %
Protein	5.8 g	
Vitamin D	0 mcg	0 %
Calcium	48.4 mg	4 %
Iron	1.8 mg	10 %
Potassium	370.9 mg	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

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