

# Black Bean & Corn Salsa

Serves 8



## 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



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

## Instructions:

1. In a large bowl, combine black beans, corn, scallions, red pepper, and cilantro.
2. In a small bowl or high-sided container, whisk together oil, vinegar, lime juice, cumin, salt, and black pepper.
3. Pour dressing over salsa ingredients and let sit for 15 minutes to allow flavors to combine. Be sure to stir before serving! Enjoy as a dip for snacking, serve as a side, or as a topping for your favorite dishes.
4. 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\*

<b>Total Fat</b>	7.5 g	10 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	77 mg	3 %
<b>Total Carbohydrate</b>	23.9 g	9 %
Dietary Fiber	7.2 g	26 %
Total Sugars	2.4 g	
Added Sugars	0 g	0 %
<b>Protein</b>	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](http://cronometer.com)

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