



Corn and Black Bean Salsa

4 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 - (15 ounce) can black beans
- 1 - (15 ounce) can corn or 1 ½ cups frozen corn
- 3 tomatoes
- ¼ red onion
- Small handful of cilantro
- Juice from 1 lime (about 2 Tablespoons)
- ¼ teaspoon of cumin
- ¼ teaspoon of black pepper
- 2 Tablespoons rice vinegar
- ½ teaspoon salt
- 2 Tablespoons olive oil

DIRECTIONS

1. Drain and rinse the canned black beans and corn. If using frozen corn, thaw before using. Add to a large bowl.
2. Dice the tomatoes and add to the bowl.
3. Dice the onion and add to the bowl.
4. Chop the cilantro and add to the bowl. Mix ingredients to combine.
5. In a small bowl, combine the lime juice, cumin, pepper, vinegar, and salt. Whisk in the olive oil.
6. Pour dressing over vegetables and stir to mix.

Nutrition Facts

servings per container	
Serving size	(290g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 680mg	30%
Total Carbohydrate 34g	12%
Dietary Fiber 10g	36%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 3mg	15%
Potassium 613mg	15%

*The % Daily Value 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.

Recipe developed by San Antonio Independent School District - Child Nutrition Services

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