



# Black Bean and Corn Salsa



**Start to finish time: 20 minutes**

**Number of servings: 6**

## Nutrition Facts

**Serving size** ½ cup

**Amount per serving**  
**Calories 149**

**% Daily Value\***

<b>Total Fat</b>	4.3g	<b>6 %</b>
Saturated Fat	0.7g	<b>4 %</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0 %</b>
<b>Sodium</b>	176mg	<b>8 %</b>
<b>Total Carbohydrate</b>	24g	<b>9 %</b>
Dietary Fiber	8.6g	<b>31 %</b>
Total Sugars	4.4g	
Includes 0g Added Sugar		<b>0 %</b>
<b>Protein</b>	6.3g	
Vitamin D	0mcg	<b>0 %</b>
Calcium	39mg	<b>3 %</b>
Iron	1.9mg	<b>11 %</b>
Potassium	581mg	<b>12 %</b>

\* 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.

## FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

## INGREDIENTS:

- 15 oz can of black beans (no salt added, rinsed and drained)
- 11 oz can of whole kernel corn (no salt added, drained)
- 1 jalapeno pepper (finely chopped)
- 2 medium tomatoes (chopped)
- 1 red bell pepper (chopped)
- 1/3 cup chopped cilantro (or 1 teaspoon dried cilantro)
- ¼ cup red onion (diced)
- ¼ cup fresh lime juice (or 2 squeezed limes)

## Optional:

- 1 ripe avocado (chopped),
- 1 teaspoon salt
- Season to taste (pepper, cumin, garlic)

## DIRECTIONS:

1. Gather and prepare ingredients needed for recipe. Clean the tops of canned food items before opening them.
2. Combine all ingredients in a large mixing bowl, except for the avocado.
3. For better flavor, cover and chill for at least two hours before serving.
4. Add the avocado just before serving.



## STEP-BY-STEP DIRECTIONS:



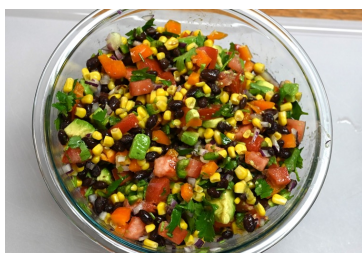
### Step 1

Gather and prepare ingredients needed for the recipe. Clean the tops of canned food items before opening them.



### Step 2

Add all the ingredients to a large mixing bowl, except for the avocado. Mix well.



### Step 3

For better flavor, cover and chill for at least two hours before serving.



### Step 4

Add the avocado just before serving.

## SUBSTITUTIONS:

- Use yellow or orange peppers for a sweeter taste.
- If you are unable to find low-salt canned food, be sure to rinse them very well to remove excess salt.

## MSU EXTENSION NOTES:

- Can be served alongside rice and chicken for a healthy meal or with whole wheat tortilla chips as a snack.
- Leftovers can be used in a breakfast omelet or burrito.
- \*Nutrition Label includes avocado\*

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