



# Black Bean and Corn Salsa

Prep: 15 minutes | Chill: 2 hours | Total: 2 hours 15 minutes

Yield: 12 servings | Serving Size: ½ cup

## Ingredients

- 1 (15-ounce) can no-salt-added black beans, drained and rinsed
- 2 cups corn kernels (cooked from fresh, frozen, or canned; thawed if frozen)
- 2 large tomatoes, seeded and diced (about 3 cups)
- 1 medium onion, chopped (about 1 cup)
- ¼ cup chopped fresh cilantro
- 1 jalapeño pepper, seeded and minced
- 1 lime, juiced (about 2 tablespoons), plus more to taste if desired
- 1 tablespoon red wine vinegar
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon black pepper, plus more to taste if desired

## Directions

1. In a large mixing bowl, stir together the beans, corn, onion, cilantro, jalapeño, lime juice, vinegar, cumin, salt, and black pepper.
2. Cover the bowl with plastic wrap and refrigerate for at least 2 hours.
3. Taste and add more black pepper or lime juice, if desired.
4. Serve with tortilla chips or as a topping for tacos or grilled chicken.

## Recipe Notes

- Add diced avocado or any color bell pepper an extra pop of flavor

Nutrition Facts Per Serving: Calories: 50 | Total Fat: 0.6 g | Saturated Fat: 0 g  
Sodium: 60 mg | Total Carbohydrate: 10 g | Dietary Fiber: 2.5 g | Protein: 2 g

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