

BLACK BEAN SALSA



Serves 6

Serving Size: 1 cup

Prep Time: 5 minutes

Cook Time: 5 minutes

Chill Time: 10 minutes

Total time: 20 minutes

Ingredients

- 1 (15-ounce) bag of frozen white corn (or white and yellow mixed)
- 1 (15-ounce) can black beans, rinsed and drained
- 2 cups chopped tomatoes
- 1/2 cup chopped Vidalia onion
- 1/3 cup apple cider vinegar
- 1/3 cup extra virgin olive oil
- Salt and pepper to taste

Directions

1. Cook the frozen corn according to package directions and chill.
2. Combine all ingredients in a large bowl.
3. Serve immediately (with chips, or as a condiment), or chill until serving.

Nutrition information Per Serving

320 calories		Protein	11 g	<i>Based on 1/4 teaspoon salt and 1/2 teaspoon pepper</i>
Carbohydrates	45 g	Fat	13 g	
Fiber	11 g	Sodium	214 mg	



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