

Black Bean and Corn Salsa

<u>Code</u>
\$, Q, V, DF, GF, RH

<u>Nutrition Facts:</u>	
Yield	12 (1/2 cup per serving)
Calories	94
Total Fat	3.5 g
Sat Fat	.5 g
Sodium	5 mg
Fiber	3 g
Calcium	16 mg
Carbohydrates	14 g
Protein	4 g

Ingredients Needed:

- 1 cup corn, canned and drained
- 1 (15 ounce) can black beans, drained and rinsed
- 1 cup Italian style diced tomatoes, canned/drained or fresh
- ½ cup cilantro, finely chopped
- 3 green onions, finely sliced
- ½ small red onion, finely chopped
- ½ red bell pepper, seeded and chopped
- 2 teaspoons minced garlic
- ¼ cup lime juice
- 1/2 avocado, peeled, pitted, and diced
- 1 tablespoon olive oil



Recipe Directions:

- In a large bowl, mix the corn, black beans, tomatoes, cilantro, green onion, red onion, bell pepper, and garlic in a large bowl. Gently mix in the lime juice and avocado.
- Drizzle with olive oil and serve chilled.