

Black Bean and Corn Salsa

1 (15 oz) can black beans
1 (15 oz) can whole kernel corn
1 bunch green onions, chopped
¾ cup chopped red onion
2 limes
3 to 5 tbsp chopped fresh cilantro
1½ tsp ground cumin
1 tbsp olive oil
2 medium tomatoes
1 bag trans fat-free tortilla chips

Yield: Ten ½-cup servings

Nutrient Value (½ cup salsa)

Calories: 92
Carbohydrate: 17 g
Protein: 4 g
Saturated Fat: 0 g
Fiber: 5 g

1. Drain beans and corn leaving a small amount of liquid.
2. Put beans and corn into a large mixing bowl.
3. Add chopped green and red onions to bowl.
4. Cut limes in half and squeeze juice into mixture.
5. Add cilantro, cumin, and olive oil. Stir to combine.
6. Refrigerate 2 hours or overnight.
7. Chop and add tomatoes just before serving.
8. Serve with trans fat-free tortilla chips.

Nutrition Center
UI College of Public Health
www.uiowanutritioncenter.org