

BLACK BEAN AND CORN SALSA



 Blue Cross & Blue Shield of Mississippi Foundation

A Subsidiary of Blue Cross & Blue Shield of Mississippi.



Makes 15 servings
Serving Size: 1/3 cup
Cook time: 15 minutes

Nutrition information per serving(6 servings):

Calories 47, Total Fat 0.3 g, Saturated Fat 0 g, Sodium 267 mg, Carbohydrates 10.4 g, Dietary Fiber 2.2 g, Protein 2.3 g

I n g r e d i e n t s

- 1-15oz can black beans
- 1-15oz can yellow corn, or yellow and white corn
- 1 bell pepper*
- 1 tomato*
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped cilantro
- a dash of lime juice (or squeeze one lime)
- Add salt to taste

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P r e p a r a t i o n



1. Open can of black beans, place in a strainer and rinse off excess “juice.” Pour into a bowl.
2. Open can of corn, place in a strainer to drain off excess water and then pour into bowl with black beans.
3. Dice tomato and bell pepper* and add to beans and corn.
4. Add onions and cilantro and stir. Add lime juice to taste.

*You can substitute tomato and bell pepper for 1-10 oz can of Rotel, no salt added.

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