

# Black Bean Salsa

This salsa is great on a salad, as a dip, as a side dish, or with your favorite taco. Vary the ingredients as you like for your taste. If you like it spicy, you can add jalapeno or other chili peppers. You can add different spices to your taste, such as cumin or coriander.

## Ingredients for Life

Serves 6

Serving size: 1 cup

Prep time: 10 minutes

Cook 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 tomatoes, chopped
- 1/2 cup Vidalia onion, chopped
- 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 Facts

Serves 6

Serving size

1 cup (237g)

Amount per serving

**Calories**

**253**

% Daily Value\*

<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 2g	<b>9%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 287mg	<b>12%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 8g	<b>32%</b>
Total Sugars 2g	
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	0%
Calcium 35mg	3%
Iron 2mg	11%
Potassium 454mg	13%
Phosphorus 145mg	14%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.