

# Black Bean + Corn Salsa

Serves 6-10  
Prep time: 15-30 minutes



Greater Cleveland  
Food Bank

## INGREDIENTS

- 15-oz can diced tomatoes, drained (or 2 cups fresh)
- 1 jalapeño, diced small (or salsa instead of tomatoes)
- 15-oz can black beans, drained and rinsed
- 15-oz can corn, drained
- 2 cloves garlic, minced (or 1/4 tsp garlic powder)
- 1 onion, diced (or 1/4 tsp onion powder)
- 1/4 - 1/2 cup cilantro leaves, chopped (or 1 tsp dry)
- 2-4 Tbs lime juice
- 1/4 tsp salt

## OPTIONAL INGREDIENTS

- 1 Tbs adobo sauce
- Avocado, diced
- Cheese, shredded or crumbled (like Cotija)
- tortilla chips

## DIRECTIONS

1. Combine tomato, black beans, corn, garlic and onion.
2. Add half of: jalapeño, cilantro, lime and salt; taste.
3. Add more based on your taste preferences.

*Adapted from MexicanPlease.com*

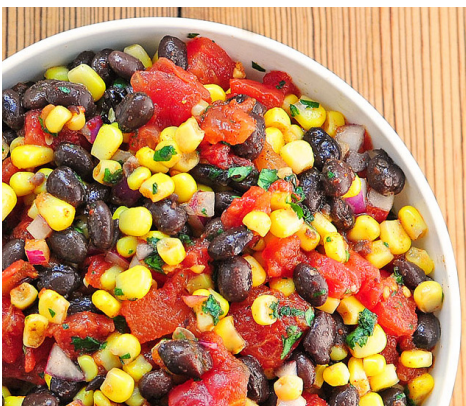
**NUTRITION POWERHOUSE:** When served with avocado and cheese, this salsa is so hearty it contains all 5 food groups! Avocado has healthy fats, corn complex carbs, and beans protein. Plus, plenty of fiber and flavor in this plant-based fiesta!

**SYNERGY:** Vitamin C from lime and jalapeño (fresh has more) help your body use more of the iron from beans.

**SERVING SUGGESTIONS:** Eat with chips, or use as topping for tacos, salads, meats, wraps.

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