



Black Bean and Corn Salsa



Start to finish time: 20 minutes

Number of servings: 6

Nutrition Facts

Serving size ½ cup

Amount per serving
Calories 149

% Daily Value*

Total Fat 4.3g	6 %
Saturated Fat 0.7g	4 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 176mg	8 %
Total Carbohydrate 24g	9 %
Dietary Fiber 8.6g	31 %
Total Sugars 4.4g	
Includes 0g Added Sugar	0 %
Protein 6.3g	
Vitamin D 0mcg	0 %
Calcium 39mg	3 %
Iron 1.9mg	11 %
Potassium 581mg	12 %

* 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.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

INGREDIENTS:

- 15 oz can of black beans (no salt added, rinsed and drained)
- 11 oz can of whole kernel corn (no salt added, drained)
- 1 jalapeno pepper (finely chopped)
- 2 medium tomatoes (chopped)
- 1 red bell pepper (chopped)
- 1/3 cup chopped cilantro (or 1 teaspoon dried cilantro)
- ¼ cup red onion (diced)
- ¼ cup fresh lime juice (or 2 squeezed limes)

Optional:

- 1 ripe avocado (chopped),
- 1 teaspoon salt
- Season to taste (pepper, cumin, garlic)

DIRECTIONS:

1. Gather and prepare ingredients needed for recipe. Clean the tops of canned food items before opening them.
2. Combine all ingredients in a large mixing bowl, except for the avocado.
3. For better flavor, cover and chill for at least two hours before serving.
4. Add the avocado just before serving.



STEP-BY-STEP DIRECTIONS:



Step 1

Gather and prepare ingredients needed for the recipe. Clean the tops of canned food items before opening them.



Step 2

Add all the ingredients to a large mixing bowl, except for the avocado. Mix well.



Step 3

For better flavor, cover and chill for at least two hours before serving.



Step 4

Add the avocado just before serving.

SUBSTITUTIONS:

- Use yellow or orange peppers for a sweeter taste.
- If you are unable to find low-salt canned food, be sure to rinse them very well to remove excess salt.

MSU EXTENSION NOTES:

- Can be served alongside rice and chicken for a healthy meal or with whole wheat tortilla chips as a snack.
- Leftovers can be used in a breakfast omelet or burrito.
- *Nutrition Label includes avocado*

Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned.

Michigan State University occupies the ancestral, traditional and contemporary lands of the Anishinaabeg—Three Fires Confederacy of Ojibwe, Odawa, and Potawatomi peoples. The university resides on land ceded in the 1819 Treaty of Saginaw.

