



Black Bean and Corn Salsa

INGREDIENTS:

2 each Roma tomatoes, seeded, and diced

1/4 cup Black beans, cooked

1/2 each Red onion, chopped

1/4 cup Red bell peppers, chopped

1/4 cup Corn Kernels (frozen) thawed

1/2 teaspoon Cumin, ground

1 Tablespoon Garlic, fresh, minced

1/4 teaspoon Salt

1 Tablespoon Cilantro, fresh, chopped

1 Tablespoon Lime juice

PREPARATION:

- In a bowl, mix all prepared ingredients: diced tomatoes, cooked black beans, chopped red onion, chopped red bell peppers and thawed corn.
- Then add seasoning to salsa mix: cumin, garlic, salt, cilantro, and lime juice.
- Taste salsa, if more seasoning is desired adding garlic powder and onion powder are better alternatives than just adding salt.
- Add to your favorite chicken, fish, pork, or beef Mexican dish!

Number of servings: 8

Serving Size: 2 Tablespoons

Calories: 35

Fat: Trace

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