

Zesty Black Bean & Corn Salsa

INGREDIENTS:

- 1 can (15 oz) black beans, rinsed and drained
- 1 can (15 oz) corn - no salt added, or 1 cup fresh cooked corn
- 1/4 cup red onion, finely chopped
- 3/4 cup tomatoes, chopped
- 3 tablespoons fresh cilantro, chopped
- 2 teaspoons olive oil
- 1 Tablespoon fresh lemon juice
- 1/8 teaspoon ground cumin
- 1/2 teaspoon salt
- Black pepper, to taste
- Hot pepper or chili, optional



DIRECTIONS:

1. Prepare the ingredients

Rinse and drain the black beans and corn. Chop the tomatoes, red onion, and cilantro. If using fresh corn, cook it first and cut the kernels from the cob.

2. Combine the base

In a large mixing bowl, add the black beans, corn, tomatoes, red onion, and cilantro. Gently mix until evenly combined.

3. Season

Add olive oil, lemon juice, cumin, salt, and black pepper. If you like heat, add finely chopped hot pepper to taste or add some hot sauce.

4. Mix and rest

Stir everything well, combining the ingredients evenly. Let the salsa rest for 10–15 minutes to allow the flavors to blend. It can also be made the day before.

5. Serve

Serve with corn chips, or use as a topping for tacos, burritos, or as a fresh side salad.

NUTRITIONAL HIGHLIGHTS

- Excellent source of plant-based protein.
- High in dietary fiber.
- Rich in antioxidants.
- Heart-healthy fats.
- Naturally gluten-free and dairy-free.
- Kid-friendly and nutrient-dense

