



BLACK BEAN CILANTRO CORN SALSA

SERVINGS: 55 CALORIES: 29 KCAL

This black bean and corn salsa recipe comes together in a snap! Every ingredient adds unique flavor and texture - the perfect combination!

INGREDIENTS

14 ounces Black Beans (dry or canned)
 6 ounces Corn, (fresh or frozen)
 3 pounds 13 ounces Tomatoes, diced (available fresh)
 10.5 ounces White onions, diced
 7 ounces Peppers, (your choice: green, yellow; Anaheim, Poblano, jalapeno) diced
 3-6 large cloves Fresh garlic, mashed
 1 bunch Fresh Cilantro
 Juice of 6 limes Lime Juice
 1-1/2 teaspoon Salt
 To taste Pepper

INSTRUCTIONS

1. If using dry beans soak, cook till tender, strain and cool. If canned, rinse and place in a bowl.
2. If fresh, husk corn, and cut kernels off the cob with a sharp knife. If frozen, that if desired or add it frozen. Add to bowl.
3. Wash and dice tomatoes and add to bowl.
4. Peel outside layers off the onions. Dice onions.
5. Wash peppers, cut in half, remove and discard seeds and white center. Dice peppers.
6. Peel garlic and mash.
7. Wash and remove largest stems of cilantro. Finely chop.
8. Add lime juice to the bowl.
9. Combine all ingredients in bowl and fold together gently.

RECIPE NOTES

CCP: Hold at 41° F or below for cold service.

Variations: Add as desired: diced cucumbers, shredded cabbage, diced fresh pineapple, diced fresh peaches or frozen peaches.

Crediting: One serving provides 1/4 cup vegetable.

NUTRITION FACTS PER SERVING (0.25CUP)

Calories: 29 kcal | Saturated fat: 0.02 g | Sodium: 94.69 mg

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.